Rationale/Purpose:
Establishing positive practices for maintaining a healthy lifestyle is a high priority at Bellbridge. We aim to provide our students with a solid foundation for living full and active lives, and promote an enjoyment for physical activity. Physical activity provides a number of benefits to students, including: improved self-esteem, skill development, skeletal and cardiovascular health, and general healthy development.

Guidelines:
• To ensure each term’s specialist timetable offers physical education to each class from Prep to Grade 6.
• To support teachers in ensuring physical activity benchmarks are met in Grades 4 to 6.
• To provide Bike Education training to selected staff, and provide internal training to staff involved in implementing this program within the school.
• To encourage student participation in sporting events within the school, as well as in extra-curricular activities, and acknowledge individual and team successes.
• To encourage staff to integrate physical activity within daily activities to ensure benchmarks are met.
• To promote the school’s Active Travel program, by encouraging all students to make an effort to walk or ride part or all of the way to and from school.
• To develop and maintain positive relationships with local community organisations, to support our school’s Active Travel program.
• Staff, families and students are involved in guiding the development and implementation of the whole-school physical activity policy and are seen as key partners in promoting and supporting physical activity in the school.

Implementation:
• Staff will aim to involve all students in Grades 4-6 in a minimum of three hours of physical activity per week, aligned with DEECD guidelines.
• All students from Prep to Grade 6 will receive Physical Education as a specialist, one hour per week, each term.
• Students from Prep to Grade 6 will be involved in extra-curricular sporting events throughout the year, for example: athletics carnival, hoop time, cross country, interschool sport, swimming program etc.
• Bike Education will be run in Grades 5 and 6, aligned with relevant inquiry units.
• Grade 4 students will be involved in the Active Kids program in Term 2.
• Promote the school’s Active Travel program through weekly assemblies and via our school website and Facebook page.
• Acknowledge weekly Active Travel successes at weekly assemblies by offering trophies to classes with the highest active travel rates.
• Review the Active Travel program as part of Health and Wellbeing program committee meetings each term, to ensure this program is maintained after its implementation in 2015.
• Maintain school sporting facilities and regularly update sports equipment.
• Promote school-wide events such as: Walk to School month, Ride to School day, etc.
• Continue to promote ‘Wheel and Walk Wednesdays’, where students are encouraged to actively travel to and from school, and use hands-up counts to track active travel data.
• Regularly update our school’s Active Travel display board.
• Fundraising activities reflect this physical activity policy and promote healthy lifestyle messages.
• Staff, families and students are provided with information about policies via our school website.
• Links are established with local community sports and recreation services to create and strengthen opportunities for students to participate in physical activity outside of school hours.

EVALUATION/REVIEW
This policy will be reviewed as part of the school’s three year cycle of review.

Ratified by Bellbridge Primary School Council – August 2015

Principal: Debbie Clancy  School Council President: Ellisa Cole