

# Physical activity policy



## 1. Rationale

The rationale says why the policy is needed and why it is relevant to your school.

Physical education plays a critical role in helping children to learn necessary skills and develop confidence in their physical abilities. Schools can help children and adolescents become more physically active and fit. They can do this by providing a wide range of accessible, safe and affordable opportunities for learners to get active. The purpose of this policy is to regulate the implementation of school sport consistently for all school children, in an age appropriate way, regardless of their abilities.

## 2. The policy

The policy is the detail of what the school wants to achieve.

(Insert name of school) \_\_\_\_\_ will:

### Environment:

- Promote and keep an environment which will encourage physical activity and sport participation among school children and contribute to the prevention of chronic disease.
- Provide space and opportunities for every learner to develop skills for specific physical activities, and to maintain physical fitness.
- Provide allocated time for participation in school sport and physical activity during or after formal school hours.
- Make sure the sports fields, courts and equipment are kept clean and safe.
- Allow for competitive school sport to take place in a school, involving interclass/interhouse games, as well as interschool and selected teams taking part at district, regional, provincial, national and international tournaments.

#### Staff:

- Prepare and monitor the codes of conduct and ethics applicable to school sport programmes.
- Not stop school children from having breaks or preventing them from exercising as punishment.
- Encourage staff to take their own physical health and fitness levels seriously acting as role models for the school children.
- Allow Physical Education teachers, as well as sports coaches to take part in continuous sports and exercise development training.

#### Education:

- Teach learners the short- and long-term benefits of a physically active and a healthy lifestyle.
- Promote Physical Education, as well as recreational and extramural school sport activities for abled and differently-abled learners.
- Promote positive attitudes towards physical activity and sport and develop a sense of fair play and sportsmanship.
- Encourage communities to strengthen the culture of learning and teaching in schools through their direct roles in school sport activities.
- Implement relevant games and activities that promote mass participation on an ongoing basis.
- Organise school sport activities involving learners from different schools. All school sport programmes must aim to enrich the curriculum at both General Education and Training and Further Education and Training Phases.
- Provide opportunities for participation in competitive school sport, made available to all learners of similar developmental levels to enhance motor skills.

### 3. Scope of the physical activity, physical education and sport environment policy

The scope of this policy specifies what settings in the school are affected (eg, classroom, sports fields, special events, etc) and who it applies to (eg, teachers, volunteers) or any restrictions.

(Insert school year) \_\_\_\_\_.

The physical activity, physical education and sport environment policy extends to all areas in the school where exercise and sport are held, including:

- The classrooms (eg, activity bins, indoor physical education classes)
- The broader school setting (eg, sports fields, corridors, indoor gyms, staff room)

The healthy school physical activity, physical education and sport environment policy reflects the importance of positive role modelling and applies to:

- Learners and learner organisations
- School staff
- School council
- School volunteers.

### 4. Monitoring and review

The policy is monitored yearly by the School Physical Education Policy Committee, principal and school council. It will be reviewed and, if necessary, revised every two years.

Signed: \_\_\_\_\_ **Principal**

Date: \_\_\_\_\_