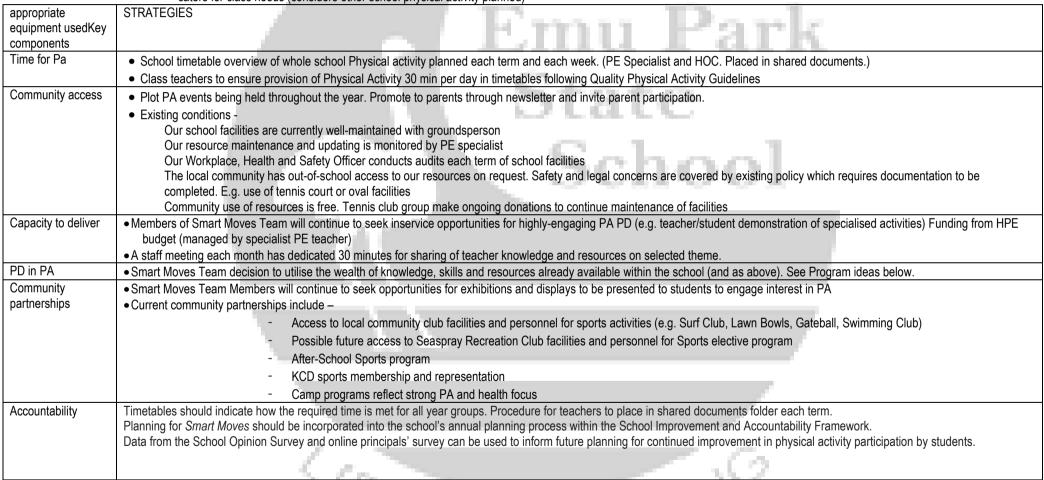
Emu Park State School - Smart Moves Policy

Quality Physical Activity Program -

- student-centred (driven by student interest and developmental skills)
- balance and variety of activities
- moderate intensity
- time of day suitable to ensure maximum engagement in learning of other KLA's
- caters for class needs (considers other school physical activity planned)



Program ideas for teacher resource -

- Obstacle Course (incorporate playground and possible permanent obstacle course structures). May be designed by class/set up once a week.
- Dance to music



- Brain Gym
- Games set up

Emu Park State School Physical Activity Timetable Overview

TEACHERS – PLEASE USE THIS TIMETABLE OVERVIEW TO PLAN PHYSICAL ACTIVITY FOR YOUR STUDENTS IN YOUR CLASS. STUDENTS REQUIRE AN OPPORTUNITY TO PARTICPATE IN AT LEAST 30 MINUTES OF PHYSICAL ACTIVITY EACH DAY. (e.g. senior classes need only consider class physical activity time on Thursdays and possibly Tuesdays).

Please refer to the guidelines for quality physical activity (from the policy) –

- student-centred (driven by student interest and developmental skills)
- balance and variety of activities
- moderate intensity
- time of day suitable to ensure maximum engagement in learning of other KLA's
- caters for class needs (considers other school physical activity planned)
- appropriate equipment used



Term 1 – Swimming Carnival (Senior students); Cross Country Carnival

Term 2 – Kilometre Club Tuesday mornings; Athletics Carnivals

Term 3 - Possible Obstacle Course set up

Term 4 - Swimming carnival (Junior students)

	MON	TUES	WED	THURS	FRI
Before		Kilometre Club			
School		1 1			
1 st					
Session					
1st Break					
2 nd		1			
Session		3.			
2 nd					
Break					
3 rd		/ /			
Session		1//		_1,1	
After	Active After School Sports (Sen)	1,500,500		Active After School Sports (Jun)	
school		E- 1	V	1,774	

School