



## 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)

appropriate equipment used Key components	STRATEGIES
Time for Pa	<ul style="list-style-type: none"> <li>● School timetable overview of whole school Physical activity planned each term and each week. (PE Specialist and HOC. Placed in shared documents.)</li> <li>● Class teachers to ensure provision of Physical Activity 30 min per day in timetables following Quality Physical Activity Guidelines</li> </ul>
Community access	<ul style="list-style-type: none"> <li>● Plot PA events being held throughout the year. Promote to parents through newsletter and invite parent participation.</li> <li>● Existing conditions -             <ul style="list-style-type: none"> <li>Our school facilities are currently well-maintained with groundsperson</li> <li>Our resource maintenance and updating is monitored by PE specialist</li> <li>Our Workplace, Health and Safety Officer conducts audits each term of school facilities</li> <li>The local community has out-of-school access to our resources on request. Safety and legal concerns are covered by existing policy which requires documentation to be completed. E.g. use of tennis court or oval facilities</li> <li>Community use of resources is free. Tennis club group make ongoing donations to continue maintenance of facilities</li> </ul> </li> </ul>
Capacity to deliver	<ul style="list-style-type: none"> <li>● Members of Smart Moves Team will continue to seek inservice opportunities for highly-engaging PA PD (e.g. teacher/student demonstration of specialised activities) Funding from HPE budget (managed by specialist PE teacher)</li> <li>● A staff meeting each month has dedicated 30 minutes for sharing of teacher knowledge and resources on selected theme.</li> </ul>
PD in PA	<ul style="list-style-type: none"> <li>● Smart Moves Team decision to utilise the wealth of knowledge, skills and resources already available within the school (and as above). See Program ideas below.</li> </ul>
Community partnerships	<ul style="list-style-type: none"> <li>● Smart Moves Team Members will continue to seek opportunities for exhibitions and displays to be presented to students to engage interest in PA</li> <li>● Current community partnerships include –             <ul style="list-style-type: none"> <li>- Access to local community club facilities and personnel for sports activities (e.g. Surf Club, Lawn Bowls, Gateball, Swimming Club)</li> <li>- Possible future access to Seaspray Recreation Club facilities and personnel for Sports elective program</li> <li>- After-School Sports program</li> <li>- KCD sports membership and representation</li> <li>- Camp programs reflect strong PA and health focus</li> </ul> </li> </ul>
Accountability	<p>Timetables should indicate how the required time is met for all year groups. Procedure for teachers to place in shared documents folder each term.</p> <p>Planning for <i>Smart Moves</i> should be incorporated into the school's annual planning process within the School Improvement and Accountability Framework.</p> <p>Data from the School Opinion Survey and online principals' survey can be used to inform future planning for continued improvement in physical activity participation by students.</p>

### 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 PARTICIPATE 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) –

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- 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
<b>Before School</b>		<b>Kilometre Club</b>			
<b>1<sup>st</sup> Session</b>					
<b>1<sup>st</sup> Break</b>					
<b>2<sup>nd</sup> Session</b>					
<b>2<sup>nd</sup> Break</b>					
<b>3<sup>rd</sup> Session</b>					
<b>After school</b>	<b>Active After School Sports (Sen)</b>			<b>Active After School Sports (Jun)</b>	