

# The Victorian Prevention and Health Promotion Achievement Program

Primary schools

## Physical activity benchmarks

### Healthy policies



1. A whole school physical activity policy is in place.
  - a) The policy addresses active healthy fundraising and active travel.
  - b) Staff, families and students are involved in guiding physical activity policy and practices.
  - c) Staff, families and students are provided with information about policy requirements.
  - d) The diversity of the school and the community is considered when developing and implementing this policy.
  - e) The policy is cross-referenced with and complements other relevant policies (e.g. safe environments).
  - f) The policy can be stand alone or be incorporated into a whole school health and wellbeing policy.
2. The school has a staff health and wellbeing policy which supports physical activity and active travel.

### Healthy physical environment



3. Students have access to a range of environments and equipment that encourage physical activity at break times, and before and after school.
  - a) Students are encouraged to access suitable areas to participate in physical activity in all types of weather.
  - b) The equipment caters for the diverse needs and interests of all students, for example age appropriate play equipment/areas.
  - c) The school has a borrowing system in place that encourages the use of physical activity and play equipment.
  - d) The school ensures the use of appropriate and properly fitted protective equipment to reduce the risk of injury.
4. Staff, families and students are encouraged to use active travel to and from school.
  - a) The school aims to identify and address barriers for active travel within the local environment.
  - b) The school has facilities available for the safe and secure storage of equipment that encourages active travel.

## Healthy social environment



5. The school promotes physical activity which encourages inclusiveness and participation, in addition to performance.
  - a) Students are provided with the opportunity to work with others in a team when participating in physical activity sessions.
6. Staff and families recognise they are role models and are encouraged to actively engage in physical activity and active travel.

## Learning and skills



7. The school complies with the appropriate sector requirements for physical and sport education.
8. The learning focus and learning standards relating to physical activity are incorporated into the school curriculum plan.
  - a) The school aims to incorporate components of physical activity across other curriculum domains.
9. Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote physical activity across the curriculum.

## Engaging children, young people, staff and families



10. Families, students and staff are key partners in developing and supporting physical activity initiatives.
  - a) Families and staff are provided with information, ideas and practical strategies on a regular basis to promote and support physical activity at school and at home.
  - b) Students are consulted about physical activity initiatives via junior school council, student action teams or other representative structures.
  - c) Students and families are encouraged to be involved in physical activity experiences at break times and other school events.
  - d) Staff are encouraged to develop competencies to facilitate engagement of families and students from diverse cultural backgrounds.

## Community partnerships



11. Staff are encouraged to work with local health professionals, services and other organisations to increase their capacity to deliver and promote physical activity initiatives.
  - a) Links are established with local health professionals, services and organisations to support physical activity initiatives.
  - b) Links are established with local community sports and recreation services to create and strengthen opportunities for children and young people to participate in physical activity outside of school hours.
  - c) Where applicable, students are actively encouraged to take part in after school physical activity programs.
  - d) Information about community physical activity opportunities is made available to families.