



School No: 2068 Established 1878

## 3.5 Physical Activity



### Help for non-English speakers

If you need help to understand the information in this policy please contact 03 5996 1744.

Cranbourne Primary School OSHC aims to provide all children with appropriate, frequent and varied physical activity opportunities, focusing on enjoyment and participation, thereby encouraging positive physical activity habits in all children.

### Procedures

Participation:

- Enjoyment of physically active games is encouraged
- Varying levels of ability are catered for
- Every child is provided with equal encouragement to allow them to acquire skills and develop confidence
- Gender, cultural, age and individual differences are considered when planning activities
- A sense of fair play and courtesy among children is encouraged to promote a friendly playing environment.
- Staff act as good role models of physically active behaviour

Amount and types of Physical Activity:

- OSHC contributes to the recommended daily physical activity for children
- Children are encouraged to participate in at least 30 minutes of moderate intensity physical activity every day, as part of play and games
- To decrease sedentary activities, children will be encouraged to play outdoors
- Cranbourne Primary OSHC will vary activity session to incorporate aspects of endurance, flexibility and strength

Safe and supportive environments:

- Grounds and equipment are checked regularly to make sure they are safe to use
- All physical activity sessions must be adequately supervised by staff
- In adverse weather conditions, outdoor playing time is substituted with equivalent indoor activities
- Students wear hats and apply sunscreen on exposed skin at regular intervals when involved in outdoor activities between 1 October and 30 April
- Regular drinks of water are to be encouraged
- A well-maintained first aid kit is on hand at each activity sessions

## Equipment

- A wide range of safe, adequate and appropriate equipment for physical activity is available for children
- There are a variety of facilities available for children
- All play equipment is regularly maintained and cleaned

## Relevant Laws and Regulations

QA 1, 2, 4, 5, 6

Education and Care Services National Regulations, 103, 104, 105, 108, 113, 114, 115 Education and Care Services Act 2010

Children's Services Act 1996

Children's Services Regulations 2009

## Relevant Policies

Physical Activity

General Health and Safety Preventative Health and Wellbeing Sun Safety

## Review Information

Policy last reviewed	Sep 2022
Approved by	School Council
Next scheduled review date	Sep 2025