



Secondary Schools

Benchmarks for Physical Activity

Healthy policies

1. A whole-school approach to physical activity is addressed in policy.

- a) School policy supports all aspects of physical activity, including active travel and addresses Australia's Physical Activity & Sedentary Behaviour Guidelines.

Healthy physical environment

2. The school facilitates student access to a range of environments, equipment and activities that encourage physical activity before, during and after school.

- a) Physical activity opportunities cater for the diverse needs and interests of all students.
- b) The school ensures the use of appropriate and properly fitted protective equipment to reduce the risk of injury.

3. Staff and students are encouraged to use active travel to and from school.

Healthy social environment

4. The school promotes physical activity, which encourages inclusiveness and participation, in addition to performance.

5. Staff, students and families are encouraged to role-model positive engagement in physical activity that promotes good health and an active lifestyle in line with the schools physical activity policy.

Learning and skills

6. The school complies with the appropriate sector requirements for physical and sport education.

7. Students are provided with opportunities to shape, develop and apply knowledge and skills that enhance positive physical activity practices.

- a) Physical activity is incorporated across learning areas of the curriculum and is available across all year levels.

8. Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote physical activity across the curriculum.

Engaging young people, staff and families

9. Families, students and staff are key partners in developing and supporting physical activity initiatives.

- a) Fundraising activities are consistent with the school's physical activity policy.
- b) Students are encouraged and supported to take the lead in developing and maintaining physical activity initiatives at school or in the local community.
- c) Staff are encouraged to develop competencies to facilitate engagement of families from diverse and cultural backgrounds.

Community partnerships

10. Staff 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 community sports and recreation services to create and strengthen opportunities for students and families to participate in physical activity outside of school hours.