

**HEALTH PROMOTING SCHOOLS 2005
PHYSICAL ACTIVITY AWARD**

**CHECKLIST
For Physical Activity Award**



☆**To qualify** for the Physical Activity Award in 2005
Schools must send to the HPU:

- A copy of the completed criteria sheet showing that you meet the essential in bold italics and at least one other criteria in each column.
- Indication of how your school meets the guidelines of 120 minutes of physical activity each week for all students.
- Show how fundamental movement skills are taught to students.
- Copies of school newsletters promoting physical activity - not sporting announcements.

HEALTH PROMOTING SCHOOL PHYSICAL ACTIVITY AWARD



School Name: _____ Contact Person: _____

In each column, show how your school meets the essential criteria in Bold Italics . Choose at least 1 other criteria in each column.		
Curriculum, Teaching & Learning	School Ethos	Community Links
<p><input type="checkbox"/> <i>Attach evidence showing how your students receive:</i></p> <p>A). At least 120 minutes of Physical activity each week. Eg: K-6 Scope and sequence, B). Skill Development (eg fundamental movement skills program)</p> <p><input type="checkbox"/> Set Physical Activity homework activities that promote a reduction in sedentary behaviours, & more active behaviours.</p> <p>Eg Students to complete an activity diary for a week indicating both active & sedentary behaviours!</p> <p><input type="checkbox"/> Promote physical Activity as a way of life through the Q4 Live Outside the Box materials.</p>	<p><input type="checkbox"/> <i>Show how your whole school embraces PA as participation for all - not just competition and fitness for the elite. Please provide examples. You may use 1 or more of the examples below.</i></p> <p><input type="checkbox"/> Develop and implement a PA Policy. You may include the examples below within the policy, or tick 1 or more as separate school practices you have implemented.</p> <p><input type="checkbox"/> A uniform appropriate for physical activity including footwear considered.</p> <p><input type="checkbox"/> Encourage active games at lunch/ recess</p> <p><input type="checkbox"/> Allow access to sports equipment during recess/lunch</p> <p><input type="checkbox"/> Teachers are active role models, eg get active with the children.</p> <p><input type="checkbox"/> Conduct Physical Activity Staff Development day.</p> <p><input type="checkbox"/> Teachers attend PDHPE Network meetings convened by Health Promotion</p> <p><input type="checkbox"/> Conduct sports fun Day/gala day in addition to sports carnival.</p>	<p><input type="checkbox"/> <i>Attach examples to show how you promote physical activity in the school newsletter (besides regular sporting announcements)</i></p> <p><input type="checkbox"/> <i>Disseminate "Active kids are healthy kids" information to parents. (Australia's physical activity recommendations for 5-12 year olds)</i></p> <p><input type="checkbox"/> Allow use of school grounds for after school physical activity.</p> <p><input type="checkbox"/> Run healthy fundraising events eg- Walk-a-thons, fun runs, Jump Rope for Heart</p> <p><input type="checkbox"/> Active Australia Schools network member.</p> <p><input type="checkbox"/> Conduct a 'walk safely to school day'</p> <p><input type="checkbox"/> Liaise with community organisations, Eg. Sport & Rec, ACHPER, , local gyms, sports Development Officers</p> <p><input type="checkbox"/> Be involved in 'Q4 Live Outside the Box'.</p> <p><input type="checkbox"/> Encourage parent involvement in physical activity events eg carnivals, fund raising</p> <p><input type="checkbox"/> Promote physical activity to the PC.</p>

What is physical activity?

Physical activity is not just participation in organised games and sport. It includes taking part in any planned and/or incidental activity that involves the large muscles. For example, walking, cycling, playing, dancing, swimming, gardening, playing sport and being active in as many ways as possible throughout each day.

Why is regular physical activity important?

- ❑ Evidence shows that regular physical activity provides a wide range of protective benefits for better physical, social and mental health.
- ❑ Physically active people live longer, have better heart health, better managed weight, lower blood pressure and healthier cholesterol levels.
- ❑ Other benefits include better bone health, lower risk of colon cancer, better management of diabetes, improved sleep, reduced feelings of anxiety and depression and probably a lower risk of breast and other cancers.

Benefits for Active Children

- ❑ Physical activity has a big impact on the health of children, and consequently, their ability and willingness to learn and take part in school, and other activities.
- ❑ Active children:
 - ❑ Have improved heart & lung health
 - ❑ Feel good about themselves,
 - ❑ Have improved co-ordination, balance, muscle control and strength
 - ❑ Develop strong bones & maintain healthy growth & development
 - ❑ Achieve well academically
 - ❑ Develop good social skills (eg; getting along with others, making friends and obeying rules)
 - ❑ Perform well at school

How much physical activity do children need?

The new National Physical Activity Guidelines for Australians children are:

1. Children need at least 60 minutes (and up to several hours) of moderate to vigorous physical activity every day.
2. Children should not spend more than 2 hours a day using electronic media for entertainment. (eg. Computer games, TV, Internet) particularly during daylight hours.

In addition, children, should also have opportunities for learning basic skills such as throwing, catching, kicking, balancing, hitting a ball, skipping, jumping and sprinting. These skills are not 'naturally acquired' and are fundamental to enjoyment and proficiency of many games and organised sports. Ideally, skills should be learned by year 4.

Moderate Activity: Causes slightly harder breathing, light sweating and an increase in heart rate. It is possible to talk comfortably during moderate activity, but not sing. Examples: brisk walking, medium paced cycling, swimming or dancing.

Vigorous Activity: Causes 'huffing and puffing', sweating and an increase in heart rate. Examples: jogging, jogging up hill, running, sprinting, games that include running (basketball, soccer, etc) fast paced cycling or swimming, skipping. Vigorous activity provides extra benefits for the cardiovascular system and bones.

Overweight and Obesity; A growing problem.

In Australia, and on the Central Coast, almost 1 in 3 children are overweight or obese. Overweight & obesity increases the risk of heart disease & other serious health problems. Experts believe there are three main causes:

1. An increase in sedentary behaviour (eg computer games, the Internet, television, videos, homework and increased use of cars);
2. A decrease in both spontaneous movement and planned play and physical activity
3. Increased consumption of energy dense, high sugar, high fat foods and drinks;

What can schools do?

1. Embrace the provision of Physical Activity as a priority in the school during both curriculum and non-curriculum time. For some children, school will be their only opportunity to participate in appropriate physical activity.
2. Use the PD/H/PE syllabus, together with the Health Promoting School framework and other resources to provide and promote the recommended amounts of physical activity for good health.
3. Incorporate the mastery of Fundamental Movement Skills into the Schools PA program for K-6.
4. Encourage teachers and the wider school community to be involved in Physical Activity.

USEFUL CONTACTS

ORGANISATION	CONTACT	WEBSITE/E-mail	PHONE
The Health Promotion Unit			43 494800
Schools Health Promotion Officer	Heather Frohlich	hfrohlich@doh.health.nsw.gov.au	4349 4815
Physical activity Health Promotion Officer	Jeff Smith	www.healthpromotion.com.au	4349 4817
Board of Studies		www.boardofstudies.nsw.edu.au	
<i>ACHPER NSW</i>	Julie Percival	www.achper.org.au/index.html	02 95728602
PD/H/PE curriculum documents		www.bosnsw-k6.nsw.edu.au/pdhpe/pdhpe_index.html	
Health Development Agency		www.had-online.org.uk	
Active Australia Schools Network - NSW Co-ordinator	Cathy Gorman - Brown	e-mail; activeaustralia@ozemail.com.au	02 90063891
National Co-ordinator	Gayle Rogers	www.activeaustralia.org/school/	08 8340 3388
NSW Sport & Recreation		www.dsr.nsw.gov.au	4362 3184
NSW Health-Health Promotion Website		www.health.nsw.gov.au/public-health/health-promotion/	
CHISM (Children's Hospital Institute of Sports Medicine)		www.nch.edu.au/prof/services/chism/	
The National Heart Foundation		www.heartfoundation.com.au	
Kids Health		www.kidshealth.org/	
'Get Skilled:Get Active' (Fundamental Movement Skill Resource Package)		NSW DET Schools Sport Foundation www.sports.det.nsw.edu.au	02 9822 7270
Central Coast Health Promotion Website		www.healthpromotion.com.au	
Australia's Physical Activity Recommendations for 5-12 year old children.		www.healthyactive.gov.au	
The Australian Sports Commission		www.ausport.gov.au/	
Sports Medicine & children. Info on sports injury prevention, sports psychology etc		http://sportsmedicine.about.com/cs/kids/	

A prize to the value of \$200 will be awarded to the school with the most innovative project for this category (This prize will be related to Physical Activity eg: Sporting Equipment). The requirements for this project are that they include activities/programs from the Formal Curriculum, School Ethos/Environment and Community Partnerships areas.

Give a brief overview of your initiative.

Activities/Programs to support the Curriculum Area.

Activities to support the School Environment/ Ethos Area.

Activities to support the Community Partnerships Area.
