

Active School

School Physical Activity Policy

Policy Statement:

Our school is committed to promoting the importance of physical activity to our students, parents and staff on a long-term basis. This is achieved by establishing a healthy and active environment conducive to children's development of a habit of regular physical activity on a daily basis.

Our school will implement the following policies:

(1) School administration

- To designate at least one school personnel to set up a committee or group with parents as members to assist the formulation and implementation of physical activity policy;
- To inform school personnel, parents and students of the school physical activity policy and all relevant measures every school year;
- To review the school policy and the implementation of various measures by means of questionnaires and meetings every school year;
- The School Physical Activity Group to review the policy and draft amendments for consulting other staff and parents. The revised policy should come into effect upon the principal's approval; and
- To ensure that the staff in charge of physical activity receives adequate support, including manpower, resources as well as time for organising activities and attending related training.

(2) Physical activity arrangement

- To give priority to children's age, motor skills development, physical need and health educational messages when designing and conducting physical activity;
- To determine the average amount of time children spend on physical activity in

school per day and inform parents of the arrangements on physical activity. Encourage parents to cooperate with the school and ask them to engage their children in physical activity after school so that children could accumulate at least 180 minutes of physical activity (which can be of any intensity level) every day;

- To measure the height and weight for school children at least twice a school year and assess their weight status by referring to the “Weight-for-Height Chart”. Inform parents of the result;
- To schedule main meals and physical activity properly. Vigorous physical activities (e.g. running or rope skipping) should be avoided within one hour of a main meal;
- To encourage students to drink plenty of water during and after physical activity sessions; and
- Do not use physical training as a form of punishment for children with behavioural or disciplinary problems.

(3) Publicity and communication

- To inform parents of their children’s participation in school physical activity through various channels including notice, email and website so that they may gain a better understanding of their children’s activities at school;
- To encourage parents to inform the school of the children’s health status and their engagement in physical activity after school;
- To inform parents of the importance of physical activity outside school. Encourage them to act as role models for their children by practising regular physical activity in their daily life; and
- To organise at least one physical fitness programme in particular to promote cooperation among families, school and the community (e.g. family activity day, sports day) in each school year.