Date of review: 23/8/2024

**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 will be achieved by establishing a healthy and active environment that facilitates young children in developing a habit of regular physical activity on a daily basis.

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| **School administration** | **Executed** | **Pending to execute** | **Need improvement** | **Remarks** |
| * Appoint at least one designated staff to form a committee or group with parents as members to assist in the formulation and implementation of the physical activity policy. |  |  |  |  |
| * Inform school personnel, parents and students of the “School Physical Activity Policy” and all relevant measures every school year. |  |  |  |  |
| * Review the school policy and the implementation of various measures by means of questionnaires and meetings in each school year. |  |  |  |  |
| * The School Physical Activity Group reviews the policy and draft amendments for consulting other staff and parents. The revised policy will come into effect upon the principal’s approval. |  |  |  |  |
| * Ensure that the staff members in charge of individual physical activities receive adequate support, including manpower, resources as well as time for organising the activities and attending related training. |  |  |  |  |

**Other comments regarding school administration:**

Note: This example can be downloaded at: <http://www.startsmart.gov.hk/tc/others.aspx?MenuID=23>

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| **Physical activity arrangements** | **Executed** | **Pending to execute** | **Need improvement** | **Remarks** |
| * Give primary consideration to the age of young children, their motor skills development and physical needs, as well as educational messages regarding health when designing and conducting physical activity. |  |  |  |  |
| * Determine the average amount of time young children spend on physical activity in school per day and inform parents of the physical activity arrangements. Encourage parents to cooperate with the school in engaging their young children in physical activity after school for them to have an adequate amount of physical activity every day, with a view to meeting the recommendations stipulated in Part 1 of the *Physical Activity Guide for Kindergartens and Child Care Centres*. |  |  |  |  |
| * Measure the height and weight of young children at least twice a school year and inform parents of the result. |  |  |  |  |
| * Encourage young children to drink plenty of water during or after physical activity sessions. |  |  |  |  |
| * Do not use physical training as a form of punishment for young children with behavioural or disciplinary problems. |  |  |  |  |

**Other comments regarding physical activity arrangements:**

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| **Publicity and communication** | **Executed** | **Pending to execute** | **Need improvement** | **Remarks** |
| * Inform parents of their children’s participation in school physical activity through various channels including notices, emails and the school website for them to get a better understanding of their children’s activity at school. |  |  |  |  |
| * Encourage parents to inform the school of the health status of their children and the physical activity they engage in after school. |  |  |  |  |
| * Inform parents of the importance of physical activity outside school. Encourage them to act as role models for their children by doing regular physical activity in their daily lives. |  |  |  |  |
| * Organise at least one specific physical fitness programme for promoting the cooperation among families, the school and the community (e.g. family activity days, sports days) in each school year. |  |  |  |  |

**Other comments regarding publicity and communication:**

Example: The Family Activity Day was well received by both students and parents. Similar activities will be organised more frequently in the future.