

Stay Active Kindergarten

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 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.

Our school will implement the following policies:

(1) School administration

- To appoint at least one designated staff member to form a committee or group with parents as members to assist in the formulation and implementation of the 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 in each school year;
- To have the School Physical Activity Group review the policy and draft amendments for consulting other staff members and parents. The revised policy will come into effect upon the principal’s approval; and
- To 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.

(2) Physical activity arrangements

- To 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;
- To determine the average amount of time young children spent on physical activity in school per day and inform parents of the physical activity arrangements. Parents will be encouraged to cooperate with the school in engaging their children in physical

activity after school for them to have an adequate amount of physical activity every day, with a view to meeting all the recommendations stipulated in Part 1 of the *Physical Activity Guide for Kindergartens and Child Care Centres*.

- To measure the height and weight of young children at least twice a school year and inform parents of the result;
- To encourage young children to drink plenty of water during or after physical activity sessions; and
- Not to use physical training as a form of punishment for young 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 notices, emails and the school website for them get a better understanding of their children's activity at school;
- To encourage parents to inform the school of the health status of their children and the physical activity they engage in after school;
- To 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; and
- To 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.