

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 is achieved by establishing a healthy and active environment conducive to young 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 appoint at least one designated staff 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 in each 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 young 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 young 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 young children in physical activity after school so that they could accumulate adequate amount of physical activity every day so as to meet all the recommendations as stipulated in Part 1 of *Physical Activity Guide for Children Aged 2 to 6*;
- To measure the height and weight for young children at least twice a school year and

assess their weight status by referring to the "Weight-for-Height Chart" (Figure 4 and Figure 5 in Part 3). 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 the main meal;
- To encourage young children to drink plenty of water during or after physical activity sessions; and
- Do not 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 young 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 young 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.