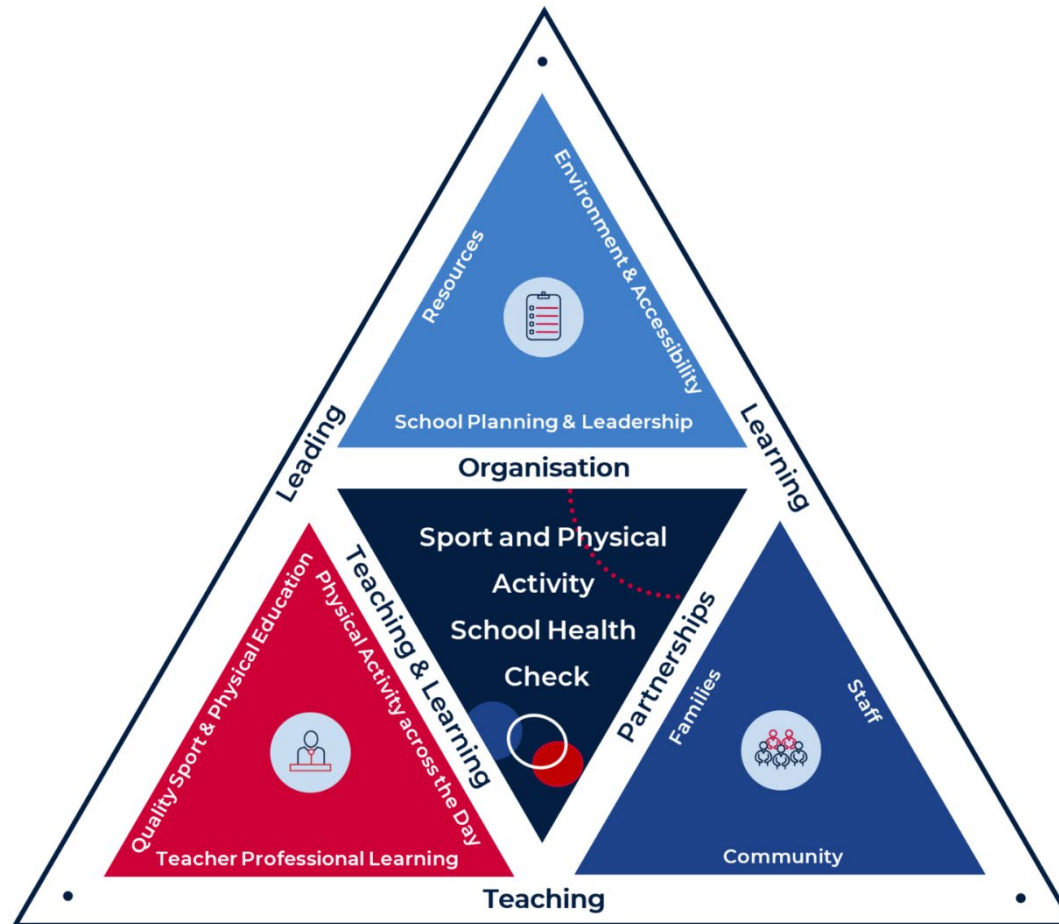











## Sport and physical activity: School health check



School Sport Unit

	Themes	Delivering	Sustaining and growing	Excelling
Organisation	<b>School Planning and Leadership</b> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> The school has a sport and physical activity implementation plan that outlines how it will meet the <a href="#">Sport and Physical Activity Policy</a>. (<a href="#">Download a template implementation plan</a>)</li> <li><input type="checkbox"/> The school's sport and physical activity implementation plan is communicated to staff, students and parents/carers.</li> <li><input type="checkbox"/> Sport and/or physical activity is reported on in the annual school report.</li> <li><input type="checkbox"/> Current school wellbeing programs include the provision of sport and physical activity opportunities.</li> <li><input type="checkbox"/> The school has a set of procedures or a policy outlining how students are selected for representative sport (e.g. zone trials, school team selections, progression through the representative pathway for athletics, cross country and swimming).</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The school has a sport and physical activity implementation plan that outlines how it will meet the <a href="#">Sport and Physical Activity Policy</a> and it is communicated to staff, students and parents/carers.</li> <li><input type="checkbox"/> Identification of a physical activity committee or leader who coordinates implementation of the school's sport and physical activity implementation plan.</li> <li><input type="checkbox"/> The school's sport and physical activity plan includes the implementation of physical activity across a range of KLAS (e.g. <a href="#">Thinking While Moving</a>).</li> <li><input type="checkbox"/> Regular monitoring of the school's sport and physical activity implementation plan is undertaken to ensure the current needs of every student are addressed.</li> <li><input type="checkbox"/> The school has a whole school scope and sequence for PDHPE. This includes opportunities for regular physical education across many different contexts for learning, allowing students to develop a wide-range of movement skills.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sport and physical activity is fostered through a whole school evidence-based approach (e.g. <a href="#">Comprehensive schools approach</a>).</li> <li><input type="checkbox"/> Sport and physical activity is embedded into the Strategic Improvement Plan (SIP) with appropriate planning milestones.</li> <li><input type="checkbox"/> The school's sport and physical activity implementation plan is reviewed in consultation with the wider school community to ensure the current needs of every student are addressed.</li> <li><input type="checkbox"/> A variety of formative and summative assessment, observations, surveys and forums are analysed through the QDAI process to evaluate the impact of the school's sport and physical activity implementation plan in relation to Wellbeing targets.</li> </ul>
	<b>Resources</b> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> The school has an adequate supply of quality sport and physical activity resources/equipment.</li> <li><input type="checkbox"/> Sport and physical activity equipment caters for the needs of all students, across all stages and settings – (e.g. skipping ropes of appropriate length, ball sizes suitable to ages, sensory equipment for students with disability).</li> <li><input type="checkbox"/> All sport and physical activity equipment is in a good condition and safe to use.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The school regularly monitors, replenishes, updates and adds to sport and physical activity resources/equipment, ensuring student needs are met and to allow for diversity in program delivery.</li> <li><input type="checkbox"/> An appropriate annual budget is allocated to the provisioning of sport and physical activity resources/equipment/facilities.</li> <li><input type="checkbox"/> Students have access to a suitable range of equipment to encourage physical activity during break times and before/after school.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The school's PDHPE/Sport and physical activity committee has a planned, long term approach for resourcing the school with sport and physical activity equipment and resources. This may include access to an annual budget, sporting grants and/or with P&amp;C funding.</li> <li><input type="checkbox"/> Every class has access to a 'Fast start' equipment kit that can be used for a range of activities across the school day.</li> </ul>
	<b>Environment and Accessibility</b> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> The school has facilities that support active travel for staff and students to and from school (e.g. bike and scooter racks, lockers for helmets, end of trip facilities).</li> <li><input type="checkbox"/> The school's sport and physical activity facilities well maintained, safe and clean.</li> <li><input type="checkbox"/> There is access to play areas large enough to allow students to be active during break times.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Teachers have access to all weather spaces to cater for sport and Physical Education to be taught all year round (e.g. COLA, hall or indoor play spaces).</li> <li><input type="checkbox"/> Students have access to a range of facilities that are suitable and inviting to encourage physical activity during breaks and before/after school (e.g. grassed areas, basketball courts and fixed equipment).</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The school provides access to high quality facilities that are available and suitable for all members of the community. These facilities promote and allow for participation in sport and physical activity year round.</li> <li><input type="checkbox"/> The school plans strategically for the improvement and maintenance of high quality sport and physical activity facilities.</li> </ul>

	Themes	Delivering	Sustaining and growing	Excelling
Teaching and Learning	<p><b>Teacher Professional Learning</b></p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Teachers are encouraged to engage in professional learning relating to sport and physical activity.</li> <li><input type="checkbox"/> Teachers are regularly informed of and encouraged to attend sport and physical activity professional learning that is relevant to their needs.</li> <li><input type="checkbox"/> Staff who complete sport and physical activity TPL strategically, present what they have learnt to other staff.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> All teachers receive professional learning, so they are aware of Departmental policies and procedures related to physical activity (e.g. <a href="#">Sport and Physical Activity in Schools Safe Conduct Guidelines</a>).</li> <li><input type="checkbox"/> Professional learning in <a href="#">PDHPE</a>, sport and physical activity design and delivery is available to all teachers.</li> <li><input type="checkbox"/> Teachers are active members of professional learning networks and associations (e.g. <a href="#">PDHPE state-wide staffroom</a>).</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> All teachers engage in evidence-based professional learning relating to sport and physical activity (e.g. <a href="#">Thinking While Moving</a>, <a href="#">Burn to Learn</a> or <a href="#">iPLAY</a>).</li> <li><input type="checkbox"/> Whole school professional learning to support implementation of the PDHPE K-10 syllabus (e.g. <a href="#">PDHPE K-10 syllabus implementation</a>).</li> <li><input type="checkbox"/> School leaders are active members of local networks of schools (e.g. sporting zone or a community of schools). The sharing of expertise, knowledge and resources relating to sport and physical activity is strategically shared between schools.</li> </ul>
	<p><b>Quality Sport and Physical Education</b></p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Teachers deliver 150 minutes of planned sport and/or physical activity each week as per the <a href="#">Sport and Physical Activity Policy</a>.</li> <li><input type="checkbox"/> Physical Education programs are inclusive of all students and include adaptive practices for students with disability.</li> <li><input type="checkbox"/> All PDHPE teaching programs meet the <a href="#">curriculum requirements</a> of the NSW PDHPE syllabus.</li> <li><input type="checkbox"/> Staff value the benefits of physical activity and attempt to deliver effective sport and Physical Education programs.</li> <li><input type="checkbox"/> Classrooms design encourages and allows for movement and physical activity.</li> <li><input type="checkbox"/> If/when external providers are used to deliver sport and/or Physical Education lessons, teacher's actively team teach, to develop their own competence and confidence.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The delivery of 150 minutes of planned sport and/or physical activity includes <b>moderate to vigorous</b> (huff and puff) activity each week as per the <a href="#">Sport and Physical Activity Policy</a>.</li> <li><input type="checkbox"/> Students have regular opportunities to develop and practice the three categories of movement skills movement (fundamental and specialised, tactical and creative, health and fitness enhancing movement skills) across all contexts for learning related to physical activity (e.g. rhythmic and expressive movement, individual/group/team physical activities).</li> <li><input type="checkbox"/> The delivery of sport and physical activity meets the requirements of the <a href="#">Department's Sport Safety Guidelines</a>.</li> <li><input type="checkbox"/> The <a href="#">syllabus propositions</a> drive all teaching, learning and assessment. This focusses all lessons in PDHPE on the explicit and purposeful learning that is intended to occur and the individual learning needs of all students.</li> <li><input type="checkbox"/> Students are provided with opportunities to participate in representative school sport (e.g. school athletics, cross country and swimming carnivals, interschool sport (PSSA), gala days, and state-wide knockouts).</li> <li><input type="checkbox"/> Students are provided with daily opportunities to practice what they have learned in Physical Education classes (e.g. through <a href="#">GetActive@Home</a> resources).</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sport and physical activity is incorporated across all policy documents (where appropriate) such as literacy and numeracy programs.</li> <li><input type="checkbox"/> Sport and Physical Education is of a high quality, delivered by teachers, using evidence-based pedagogical strategies or frameworks (e.g. <a href="#">SAAFE Principles</a>, <a href="#">Resistance Training for Teens</a>, <a href="#">Game Sense Approach</a> or <a href="#">TREE Model</a>).</li> <li><input type="checkbox"/> Teaching and learning programs cater for individual learning needs, include inclusive practises and describe expected student learning of knowledge, understanding and skills in relation to syllabus outcomes.</li> <li><input type="checkbox"/> Student progress in Physical Education is assessed through formative and summative assessment (e.g. <a href="#">student progress monitoring using the Physical Literacy Continuum</a>).</li> <li><input type="checkbox"/> All students, including those with a disability, are provided opportunities to participate in the Representative School Sport Pathway (e.g. school athletics, cross country and swimming carnivals, interschool sport (PSSA), gala days, and state-wide knockouts).</li> </ul>

	Themes	Delivering	Sustaining and growing	Excelling
	Physical Activity Across the Day 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Student participation in physical activity only takes place during Physical Education lessons and/or school sport time.</li> <li><input type="checkbox"/> The school promotes a positive attitude towards physical activity through participation in the Premier's Sporting Challenge (PSC) 10 week Challenge.</li> <li><input type="checkbox"/> Students are provided with opportunities to participate in a range of sports and physical activities that engage students from diverse backgrounds and abilities.</li> <li><input type="checkbox"/> The school promotes the benefits of participating in a variety of inclusive, competitive/non-competitive, team/individual, sport and recreational activities.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Teachers include classroom movement breaks on a daily basis (e.g. <a href="#">classroom energisers</a>, <a href="#">Burn to Learn</a>).</li> <li><input type="checkbox"/> Teachers embed physical activity into learning areas other than Physical Education and sport (e.g. <a href="#">Thinking While Moving in Maths and English</a>).</li> <li><input type="checkbox"/> Students have access to facilities/sports equipment during break time and before/after school.</li> <li><input type="checkbox"/> Students are provided with structured physical activity sessions during break times and before/after school.</li> <li><input type="checkbox"/> Students are supported to lead sport and physical activity initiatives across the school (e.g. <a href="#">PSC Sport Leadership</a>, house captains, <a href="#">PSC student ambassadors</a>, peer mentoring system).</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Physical activity is a central aspect of the school culture. Opportunities for all students to be active are prioritised across the day including before/after school, during break times and instruction time, and in the home.</li> <li><input type="checkbox"/> The school provides regular information and practical strategies to promote physical activity and reduce sedentary behaviours at home (e.g. physically active homework, <a href="#">GetActive@Home</a>).</li> <li><input type="checkbox"/> Students are supported to be leaders in sport and physical activity initiatives within the community (e.g. community sport coaches, before/after school programs for younger students).</li> </ul>
Partnerships	Staff 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Staff recognise the importance of sport and physical activity for the wellbeing of students.</li> <li><input type="checkbox"/> Sport and physical activity is solely the responsibility of the sport organiser and/or PDHPE staff.</li> <li><input type="checkbox"/> Teachers promote a positive attitude towards physical activity and sport within the classroom setting.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Teachers are supported to access the representative school sport pathway through coaching/managing school, zone, and regional teams and in officiating roles.</li> <li><input type="checkbox"/> Teachers promote the importance of physical activity by supporting or actively participating in programs and/or events (e.g. involvement in school carnivals, participation in the <a href="#">PSC 10 week Challenge for Staff</a>).</li> <li><input type="checkbox"/> When supervising breaks, teachers encourage and support students to be physically active.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The school has a whole school strategy for improving staff wellbeing, including opportunities to be role models for physical activity.</li> <li><input type="checkbox"/> All teachers support a whole school approach to sport and physical activity. Staff PDP's are aligned to the Strategic Improvement Plan and access a range of professional learning opportunities to support their development.</li> </ul>
	Families 	<ul style="list-style-type: none"> <li><input type="checkbox"/> The school promotes school sport achievements in communications with parents/carers.</li> <li><input type="checkbox"/> Students are recognised for participation and achievement in sport.</li> <li><input type="checkbox"/> The school promotes a positive attitude towards physical activity and sport to the wider school community.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The school promotes the benefits of regular physical activity within the community and to parents/carers (e.g. newsletter articles, social media, physically active fundraiser events and parent/carer information nights).</li> <li><input type="checkbox"/> The school strategically seeks teacher, student and parent/carer voice on how sport and physical activity opportunities can be improved throughout the school (e.g. surveys, forums).</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The importance of sport and physical activity for improved wellbeing, health and academic performance is regularly promoted to parents/carers.</li> <li><input type="checkbox"/> Parents/carers are encouraged to be involved in their child's sport and physical activity.</li> <li><input type="checkbox"/> There are opportunities for parents/carers and families to participate in physical activity at the school (e.g. before school running club).</li> </ul>
	Community 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Students are supported to access sport and/or physical activity opportunities in their school and local community (e.g. promotion of <a href="#">Active Kids Vouchers</a>).</li> <li><input type="checkbox"/> The school promotes health and wellbeing initiatives and messages from the local community.</li> <li><input type="checkbox"/> Invite external sporting agencies to visit school and promote their sport/club.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Community organisations establish shared use agreements with schools that allow them to use school facilities for physical activity opportunities.</li> <li><input type="checkbox"/> The school advocates for safe play areas and active travel infrastructure in local area.</li> <li><input type="checkbox"/> The school is open to the local community outside of school hours and in the school holidays as an open and green space for community active play (e.g. <a href="#">Share our space</a>).</li> <li><input type="checkbox"/> The school participates in research projects to strengthen the evidence of sport, physical activity and wellbeing.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The school has a relationship with and regularly accesses recreation centres, community sport and physical activity providers to strengthen opportunities for sport and physical activity for all students.</li> <li><input type="checkbox"/> Physical Education classes are delivered in collaboration with the relevant community organisations, designed to address previously reported barriers to physical activity and sport participation.</li> <li><input type="checkbox"/> The school, parents and community members work together to increase physical activity opportunities that promote lifelong health and wellbeing.</li> </ul>