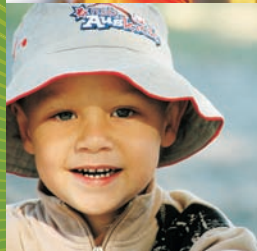


Smart Moves

Physical Activity Programs in Queensland State Schools



Our Government is committed to supporting and promoting the health and wellbeing of Queensland's young people. We are determined to do everything we can to help combat child obesity and make young Queenslanders healthier.

The Department of Education, Training and the Arts, Department of Local Government, Planning, Sport and Recreation, and Queensland Health are working together to improve the health and physical activity levels of young people through a number of initiatives.

We've already stepped up to the challenge by providing healthier food options in our schools and now we embark on the second part of our strategy.

Smart Moves – Physical Activity Programs in Queensland State Schools has been developed to increase the curriculum time students are engaged in physical activity at school and to improve the quality of that activity. Engaging in regular physical activity of at least moderate intensity is one of the major components of a healthy and active lifestyle.

Smart Moves proposes a set of principles to guide the development of a *Physical Activity Action Plan* in each Queensland state school. Each Action Plan requires the school to address six components in order to build their physical activity program.

I believe our schools can make a difference to the future lifestyles of today's children. By providing healthy food choices and quality physical activity, we can help our children and young people embrace good eating habits and active lifestyles which they can carry into their adult lives.



Rod Welford MP
Minister for Education and Training and Minister for the Arts

Eat Well Be Active



Queensland Government

Education, Training and the Arts;
Local Government, Planning, Sport and
Recreation; Queensland Health

Background

Physical activity is essential for good health and wellbeing. Schools in Queensland have a long tradition of offering a diverse range of opportunities in sport, physical education and physical activity to children and young people. Engaging in physical activity at school enhances students' educational outcomes, supports their personal development and promotes lifelong active lifestyles.

Recent data shows that the number of overweight and obese children is continuing to rise in Queensland. Fewer than one in six boys and one in fifteen girls report meeting the national guidelines of one hour of moderate physical activity each day. In Australia almost one in four children are overweight or obese and these children are more likely to be less active as adults. The health, social and economic consequences of this are serious.

Supporting the health and wellbeing of Queensland's children and young people is an important priority for the Queensland Government. The Government has implemented a number of successful initiatives including:

- Queensland Health's
 - Healthy Kids Queensland Survey
 - Lead role in the development of the Eat Well Be Active – Healthy Kids for Life Action Plan 2005-2008
 - Go for 2 & 5 social marketing campaign
- The Department of Education, Training and the Arts'
 - Smart Choices: the Healthy Food and Drink Supply Strategy
 - Safe and Healthy Schools Policy
 - Healthy Schools Vans
 - Active-Ate online resource
 - Interschool Team Sport
- Sport and Recreation Queensland's
 - Get Active Queensland Children and Young People Strategy including Daily Physical Activity – A Guide for Schools, Support an Active Learner, and professional development workshops for teachers.
 - Get Active Queensland Schools Program
 - Get Active Queensland Accreditation Program
 - Active Recreation Centres
 - Young Athletes Assistance Program
 - Focus on school-based facilities in sporting grant programs
 - Locker Room Series

During 2006, the Minister for Education and Training and the Minister for the Arts announced a *Ministerial Review of School Sport and Physical Activity*. A Ministerial Review Committee was established to conduct the review and develop recommendations to inform the future direction of Queensland school sport and physical activity.

State schools provide an important and convenient setting for reaching the vast majority of children and young people. Schools and teachers have a critical role in ensuring increased participation in physical activity and in improving the quality of physical activity delivered to all Queensland state school students. Smart Moves implements the recommendations from the *Ministerial Review of School Sport and Physical Activity*.

Principles

The following principles will guide the development of each state school's *Physical Activity Action Plan*.

- Regular physical activity enhances students' ability to learn
- All children and young people need to be physically active
- Physical activity provides health benefits for children and young people
- Physical activity must be sustained and be of at least moderate intensity
- Physically active children and young people are more likely to become physically active adults
- Increased structured and incidental physical activity are an essential component of school-based child development
- Children and young people have diverse needs, abilities and interests
- Schools have a responsibility to deliver physical activity as part of the curriculum
- Quality outcomes are achieved through effective organisation and delivery
- Teachers' capacity to maximise participation, enjoyment and skill learning is essential
- Physical activity is the responsibility of all teachers
- Consistent health messages must be promoted
- An effective partnership between schools, families and the wider community is vital

Key components

Smart Moves will increase the curriculum time in which students are effectively engaged in physical activity and improve the quality of that activity.

1: Required time for physical activity

Primary Schools

All primary schools must allocate 30 minutes per day of physical activity of at least moderate intensity as part of the school curriculum.

Secondary Schools

All secondary schools are required to provide at least two hours of physical activity at moderate intensity in curriculum time for lower secondary school students each school week.

Special Schools

All special schools must allocate curriculum time for physical activity that is the same or as close as possible to the required time allocation for primary and secondary schools.

2: Improved access to resources for physical activity

Schools are to increase community access to their sport and recreation facilities to benefit the broader community.

3: Increased capacity to deliver physical activity

Principals and physical education teachers are to take a leadership role in

- a) promoting and enhancing physical activity in schools, and
- b) coordinating the implementation of the Physical Activity Action Plan in the school

4: Provide professional development in physical activity

Physical activity should not be confined to physical education lessons alone. All teachers are to undertake professional development in the delivery of physical activity across the curriculum. Primary classroom teachers are a priority group for such professional development.

5: Build community partnerships to enhance physical activity

Schools are to work closely with community and sporting organisations to foster and strengthen opportunities for children and young people to participate in physical activity.

6: Accountability for physical activity

Schools are to report annually on their allocation of physical activity as part of the curriculum within the *School Improvement and Accountability Framework (SIAF)*.

All state schools are required to develop a *Physical Activity Action Plan*. These Action Plans will indicate how schools are addressing the six components of Smart Moves.

Guidelines to help schools develop their *Physical Activity Action Plan* will be available from Term 4 2007. The Guidelines will also inform professional development to support Smart Moves.

All state schools will be required to have their *Physical Activity Action Plan* in place by the beginning of February 2008 for full implementation of Smart Moves from July 2008.

Glossary

Physical activity is defined as any bodily movement produced by skeletal muscles that result in an expenditure of energy.

Moderate-intensity activities cause a slight but noticeable increase in breathing and heart rate. Moderate activities are those in which conversation can be maintained.

Vigorous-intensity activities cause a noticeable increase in breathing and heart rate. Conversing in full sentences between breaths is difficult.

Physical activity in schools typically involves students participating in physical education within curriculum time as part of the Health and physical education Key Learning Area (KLA) and school sport (inter- and intra-school). Physical activity may also include activities that develop gross motor skills and various games played as part of an organised physical activity or physical education program. Opportunities for participating in physical activity may also be provided within other KLAs.

Physical education involves students learning in, about and through physical activity. It focuses on the complex interrelationships between physiological, cognitive, social and emotional dimensions by providing opportunities for participation in activities to enhance physical performance; improving strategic awareness in physical activity; and examining a range of factors that influence attitudes towards, and participation in, physical activity.

School sport is an athletic activity governed by a set of specific rules or customs that requires skill or physical prowess, often of a competitive nature. Some sports are played for fun, others are played competitively.

Inter-school sport provides students with opportunities to compete in a range of specific sports played by individual students or teams of students against other schools.

Intra-school sport provides students with the opportunity to participate in a range of team sports played within the school between individual students or teams of students.

Physical activity programs should aim to involve students in a broad range of activities of at least moderate intensity. The activities should not be competitive, should encourage participation and enjoyment, be easily achievable for all and leave no child with a sense of failure.

The School Improvement and Accountability Framework (SIAF) guides the annual and triennial planning and reporting requirements for state schools. This reporting helps schools, their communities and Government to review the progress of schools.

Extra sources of information

Healthy Kids Queensland Survey 2006. To be available online at: www.health.qld.gov.au

Eat well, be active – healthy kids for life: The Queensland Government's first action plan 2005-2008. Available online at: www.health.qld.gov.au/phs/Documents/shpu/29187.pdf

Eat Well Be Active: Your Life. Make the Most of It. Available online at: www.eatwellbeactive.qld.gov.au/

Active School Curriculum. Available online at: [www.healthyactive.gov.au/internet/healthyactive/publishing.nsf/Content/active_school_curriculum.pdf/\\$File/active_school_curriculum.pdf](http://www.healthyactive.gov.au/internet/healthyactive/publishing.nsf/Content/active_school_curriculum.pdf/$File/active_school_curriculum.pdf)

Australia's Physical Activity Recommendations for 5 – 12 Year Olds. Available online at: [www.health.gov.au/internet/wcms/publishing.nsf/Content/phd-physical-activity-kids-pdf-cnt.htm/\\$FILE/kids_phys.pdf](http://www.health.gov.au/internet/wcms/publishing.nsf/Content/phd-physical-activity-kids-pdf-cnt.htm/$FILE/kids_phys.pdf)

Australia's Physical Activity Recommendations for 12 – 18 Year Olds. Available online at: [www.health.gov.au/internet/wcms/publishing.nsf/Content/phd-physical-activity-youth-pdf-cnt.htm/\\$FILE/youth_phys.pdf](http://www.health.gov.au/internet/wcms/publishing.nsf/Content/phd-physical-activity-youth-pdf-cnt.htm/$FILE/youth_phys.pdf)

School Improvement and Accountability Framework 2006-2008. Available online at: www.education.qld.gov.au/strategic/accountability/pdf/school_improvement_accountability_framework2006-2008.pdf