

POLICY

Physical Activity Requirements for Students

Responsibility of:	Quality Teaching and Learning	DoE File: FILE2015/287
Effective Date:	January 2008	EDOC; EDOC2015/13766
Review:	Two years	Version Number: 1
Target Audience:	School staff, parents and community members	

This document should be read in conjunction with the [Curriculum, Assessment, Pedagogy and Reporting T-12](#) framework.

1. POLICY

Schools in the Northern Territory (NT) are required to provide at least two hours of physical activity in the curriculum each school week for students in the primary and secondary years of schooling.

Physical activity must be in the form of a Physical Education teaching and learning program to assist the progression of students' motor skills, kinaesthetic awareness, ability to play games and participate in a range of sports and physical activity pursuits which are identified in the Australian Curriculum: Health and Physical Education.

From 2008, this reporting requirement will relate to students undertaking education in the primary and middle years of schooling.

This commitment is subject to a commonsense exemption policy to allow for children who are restricted or unable to undertake any form of physical activity.

2. BUSINESS NEED

In accordance with the Schools Assistance (Learning Together – Achievement Through Choice and Opportunity Act (2004), the Department of Education is required to certify to the Australian Government that Northern Territory schools have met this physical activity requirement.

The importance of physical activity is well documented particularly in terms of preventing overweight and obesity, cardio-vascular related diseases, and improving mental health outcomes including increased self-esteem, self-efficacy, improved mood and reduction in anxiety and stress.

Participation in Physical Education and sport programs also provides students with an opportunity to develop their decision-making, problem solving and social skills through a health enhancing environment which contributes to enjoyment, increased mental alertness and an understanding about the importance of physical activity for life long benefits.

3. SCOPE

Physical activity must be in the form of a Physical Education teaching and learning program to assist the progression of students' motor skills, kinaesthetic awareness, ability to play games and participate in a range of sports and physical activity pursuits which are identified in the Australian Curriculum: Health and Physical Education.

4. DEFINITIONS

Define any key terms and acronyms used in this policy. Use consistent definitions throughout the policy and guideline documents and where possible align with relevant legislation and other policies.

5. RESPONSIBILITIES

General Manager, Quality Teaching and Learning will:

- certify to the Australian Government under the Quadrennial Administrative Guidelines (Appendix E – Commitments in Funding Agreements for 2005- 2008) that schools have met this physical activity requirement.

Principals will:

- ensure whole school curriculum and assessment plans and curriculum scope and sequencing documents demonstrate compliance with the legislated physical activity requirements.

Teachers will:

- ensure they design and deliver engaging and differentiated physical education teaching and learning programs.

6. RELATED POLICY, LEGISLATION AND DOCUMENTS

[Schools Assistance \(Learning Together—Achievement through Choice and Opportunity\) Act 2004](#)

[NT Health Nutrition and Physical Activity Strategy 2015 - 2020](#)

[Australian Curriculum: Health and Physical Education](#)

7. CONTACT DETAILS

Schools requiring assistance to implement Physical Activity Requirements for Schools Policy can contact Quality Teaching and Learning on (08) 8944 9376 and request assistance from a Teaching and Learning officer.

Additionally, School Sport NT as a delivery agent for NT Department of Education in the curriculum area of physical education and sport can be contacted on (08) 8999 5700.