



ALAWA PRIMARY SCHOOL

POLICY

TITLE OF POLICY: Physical Literacy for Alawa Primary School

EFFECTIVE DATE: 15/05/2025

REVIEW DATE: Term 2 2027

TARGET AUDIENCE: All teaching staff and leadership Group

1. POLICY

The aim of this policy is to provide clear guidance to the school community, parents, and staff regarding physical literacy at Alawa Primary School. We value and encourage the active involvement of parents and community members in our physical literacy programmes. Physical literacy brings a diverse range of skills, interests, and experiences that enhance learning opportunities and student wellbeing, and promote the core values of the school for both students and the wider community. The day-to-day physical literacy programme is determined by the teacher(s) in charge, in collaboration with the principal or assistant principal, and will vary depending on the students' needs and the specific programme in place.

BUSINESS NEED

The school received \$10,000 as part of the Sporting Schools Plus program in 2020. This program is designed to enhance the physical literacy of students at Alawa Primary. The policy has been created to help inform teachers and staff of their responsibility and the requirements of the school in providing a place that promotes physical literacy learning opportunities for students.

2. SCOPE

This policy outlines the components of physical literacy and the various ways in which our teachers and school community encourage and provide opportunities that promote lifelong learning through movement and physical activity. It also outlines the expectations of staff, parents, carers, and the broader community.

3. DEFINITIONS

Physical literacy encompasses the development of skills, knowledge, and behaviours across four interconnected domains: physical, psychological, social, and cognitive. These domains work together to enable individuals to lead active and fulfilling lives through movement and physical activity.

Physical literacy involves:

- The development of skills, knowledge, and behaviours that give children the confidence and motivation to lead active lives, throughout their entire lifespan.

- The development of social skills, communication and teamwork, within a framework of respecting others, fair play and good sportsmanship.
- The development of fundamental movement and sports skills, enabling children to move confidently and competently in a wide range of physical activities and sports.

4. ROLES AND RESPONSIBILITIES

It is the responsibility of the principal and teaching staff to ensure this policy is communicated to all relevant parties.

It is the shared responsibility of all staff to support the development of physical literacy in students through:

- Role modelling an active lifestyle.
- Participating in physical activities with students.
- Exposing students to a variety of physical activities.
- Ensuring appropriate spaces are available for physical activities.
- Providing encouragement and support.
- Being advocates for physical literacy.

Staff, led by the leadership team and in alignment with the Alawa Primary School Curriculum Map, will be responsible for implementing and monitoring compliance with this policy.

Culture, Organisation, and Environment

Alawa Primary School staff will:

- Provide access to a variety of facilities and equipment through organised sports and activities before school, during recess, and lunch.
- Ensure that sports equipment and spaces are available for unstructured play.
- Organise school sporting opportunities through external providers in five-week blocks at least once per term, where funding allows.
- Attend CEP Gala days weeks 5 and 10 when permitted
- Design classrooms to allow for daily movement and physical activity.
- Ensure bike cages are maintained and locked during school hours to encourage active travel to school.
- Ensure students have access to all areas for play, with clear guidelines on out-of-bounds areas and age-appropriate playgrounds.
- Actively participate in children's play where possible.

- Promote the use of the buddy bench to encourage student engagement.
- Ensure the school's wellbeing plan (including hats, water, sunscreen, first aid, and safety rules) is implemented.
- Include opportunities for staff to increase their own understanding and awareness of physical literacy through staff/PLT meetings and professional development.
- Embed physical literacy into the school's strategic plans.
- Comply with the requirement to provide at least **two hours of physical activity** per week during instructional time, in addition to the health time allocation as per the Alawa scheduling and indicative timeline.
- Promote physical activity through the school's social media and communication tools.
- Maximise physical literacy opportunities through an annual sports day, open to all students, parents, and the wider community.
- Celebrate individual and school-wide successes within the community.
- Demonstrate and model respectful language and behaviours in line with the core values of Alawa School: Respect, Encouragement, Pride, and Personal Best.
- Incorporate both student and teacher voices in the development of physical literacy.

Partnerships

Alawa Primary School will:

- Promote the academic, health, and wellbeing benefits of physical education, sport, and physical activity through individual interventions, compulsory participation, and parent involvement, and celebrate successes on sports days and through social media.
- Regularly provide parents with information about sports vouchers, sporting organisations, school sport NT activities, training programmes, and holiday programmes to improve physical literacy.
- Encourage parents to participate in school physical activities (such as boot camps, sports days) and volunteer in their child's sports and physical activities.
- Foster the inclusion of diverse cultural backgrounds, including Harmony Day activities, special events, and performance nights.
- School council support for students who have been selected for Darwin Region sports.
- Discuss students' physical literacy development during Student-Led Conferences.
- Engage a variety of community groups to enhance opportunities for students to engage in physical activities and develop their physical abilities, including:
 - Ongoing involvement of the **US Marines** in boot camps

- Collaboration with **SEDA** and **CLONTARF** students
- After-school sports organisations
- **Sport in Schools** activities and **Gala Days**
- **School Sport NT** inter-region and interstate opportunities
- Access to wrap-around services (e.g., speech therapists, occupational therapists)
- Safety talks from community groups (e.g., Royal Life Saving, road safety, police)
- Participation in events such as **Jump Rope for Heart, Walkathons, Bikathons, and Marathon4Kids**.
- Allow after-school access to school facilities outside of normal school hours (e.g., the school oval, basketball court).

Curriculum, Teaching, and Learning

Alawa Primary School will:

- Assign a designated teacher for the physical literacy programme to manage teaching, planning, and timetabling.
- Provide a specialist teacher to support colleagues in planning and delivering physical literacy lessons.
- Ensure alignment with the **Northern Territory National Curriculum** requirements.
- Use evidence-based teaching strategies and methods.
- Cater for a range of learning styles and student interests.
- Incorporate both non-competitive and competitive activities.
- Use a variety of formative and summative assessment methods, providing timely feedback to students.
- Provide appropriate and sufficient equipment to ensure all students are active.
- Offer a variety of inclusive physical activities, including both individual and team-based sports, and competitive and non-competitive options.
- Support students in leading sport and physical activity initiatives at school (e.g., house captains, referees, and coordinators for break-time sports).
- Recognise and reward student participation and achievements.
 - House points competition
 - Social media updates to parents

- Rewards for student leaders each term
- Selection for school team representation based on merit
- Foster a positive attitude towards physical literacy development.
- Encourage students to identify movement opportunities both within school and in the wider community, leading to potential pathway opportunities.
- Integrate physical literacy development into a wide range of curriculum areas at all year levels.
- Encourage staff to incorporate additional physical activities where appropriate (e.g., dance, gymnastics, judo, or karate).

5. RELATED POLICY, LEGISLATION, AND DOCUMENTS

This policy links to the **Code of Conduct for Schools Policy**, which outlines the standards of behaviour expected from all individuals performing core functions on behalf of the school or visiting the school. This policy can be viewed at the following site:

[Code of Conduct for Schools](#)

Further departmental policies are available through the front office of the school.

Internal documents include:

- PE Teacher Programme
- KIDDO Programme

7. EVALUATION

This policy will be ratified by school staff and the principal in collaboration with the School Council in Term 2, 2025.

The policy will be reviewed by the Alawa School Council every two years.