**K-6 PDHPE Sport and Physical Activity Policy advice**

This document supports primary schools to meet their legislative requirements in delivering personal development, health and physical education (PDHPE), sport and physical activity in the school setting.

* [NESA’s time allocation guide](http://educationstandards.nsw.edu.au/wps/portal/nesa/k-10/understanding-the-curriculum/k-6-curriculum-requirements) recommends 6-10% of teaching time in a typical week is designated to PDHPE. This equates to 1.5 – 2.5 hours (90-150 minutes) of PDHPE. NESA recommends schools provide equal emphasis on health and physical education concepts. A sample week may include 45-75 minutes of PDH and 45-75 minutes of PE.
* [The Sport and Physical Activity Policy](https://education.nsw.gov.au/policy-library/policies/sport-and-physical-activity-policy?refid=285831) states that schools must provide 150 minutes of planned moderate with some vigorous physical activity per week for all years K-6. Physical activity performed in PDHPE contributes towards meeting this policy requirement.

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| --- | --- |
| Years K-2  | Years 3-6 |
| Schools should provide a minimum of 45 minutes of weekly physical education.This contributes towards the 150 minutes of weekly planned moderate with some vigorous physical activity. | Schools must provide a minimum 60 minutes of sport per week.Schools should provide a minimum of 45 minutes of weekly physical education.These both contribute towards the 150 minutes of weekly planned moderate with some vigorous physical activity. |

## Physical activity, physical education and sport

### Physical activity

* Physical activity is any movement of the body that results in some expenditure of energy. Physical activity provides an opportunity for students to acquire and practise a range of personal, interpersonal, behavioural, social and cognitive skills.
* It provides the most health-related benefits for students when performed at moderate to vigorous levels of intensity. Moderate intensity physical activities require some effort and noticeably accelerate the heart rate, Vigorous intensity physical activities require a large amount of effort and a substantial increase in heart rate with these activities making students ‘huff and puff’. Mandatory planned physical activity occurs through teaching and learning in PDHPE and School Sport.
* Additional physical activity can be planned or occur incidentally at other times of the school day such as at recess, lunch or in any other learning experience.

### Physical education

* Physical Education (PE) is part of the mandatory PDHPE key learning area. The NSW PDHPE K-10 Syllabus provides detail of the expected learning of knowledge, understanding, skills, values and attitudes required to be confident and competent participants in physical activity across their lifetime.
* Skills are explicitly learned, practised and applied in a variety of movement contexts which reflect real life and dynamic physical activity situations. PE should also complement school and community sport opportunities.

### Sport

* School sport is a mandatory part of whole school planning which offers students weekly planned opportunities to participate in physical activities according to their interests and abilities in a range of contexts and environments. Schools are able to design their own programs for weekly timetabled school sport.
* In addition to school sport, schools can elect to participate in the representative school sport pathway. The pathway offers a wide range of sports for students to participate in at local, state, national and international level through carnivals, knockouts and representative teams.

For resources, support and contacts, access the [School Sport Unit](https://app.education.nsw.gov.au/sport/) website.

### Sample physical activity timetables

The following samples show how the minimum requirements of planned weekly physical activity can be achieved. Times are represented in minutes.

**Sample 1** - how time can be accrued across the school week.

|  |  |  |
| --- | --- | --- |
| Activity | Activity time (minutes) | Total time accrued (minutes) |
| Physical education lesson | 45  | 45 |
| School sport – activity time (not including travel) | 60 | 105 |
| Classroom energisers (3 x 2 min) 6 min per day | 30 | 135 |
| [Thinking while moving in Maths](https://app.education.nsw.gov.au/sport/psc/Resources) | 30 | 165 |

**Sample 2 -** a variety of examples of how physical activity can be accrued across the school week. Physical activity may also be delivered at different times of the school day.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Example  | Monday | Tuesday | Wednesday | Thursday | Friday  | Total time  |
| 1 | RFF PE 45  |  | PE 45 |  | Sport 60  | 150 |
| 2  | Sport 30 | PE 30 | PE 30  | Sport 30 | PE 30 | 150 |
| 3 | Energisers 6 (3 x 2 minutes) | Energisers 6PE 45 | Energisers 6 | Energisers 6Thinking while moving in Maths 20 | Energisers 6Sport 60 | 155 |
| 4 | Energisers 6 (3 x 2 minutes) | Energisers 6 | Energisers 6PE 60 | Energisers 6 | Energisers 6Sport 60 | 150 |

The [School sport unit](https://app.education.nsw.gov.au/sport/) provides examples of how the minimum 150 minutes of planned weekly physical activity can be achieved.