



MEMORANDUM TO ALL PRINCIPALS

98/263 (S.217)

STUDENT FITNESS AND PHYSICAL ACTIVITY ACTION PLAN

On 28 July the Minister for Education and Training released the *Student Fitness and Physical Activity Action Plan*. The action plan was developed in response to the recommendations of the *NSW Schools Fitness and Physical Activity Survey*, distributed to schools earlier this year.

The *Student Fitness and Physical Activity Action Plan* sets out the Government's seven point strategy to improve student fitness and physical activity over the next few years. Enclosed is a copy of the action plan for your information.

From the start of 1999, primary schools should aim to provide a minimum of 120 minutes per week to planned physical activity in each year from Kindergarten to Year 6. In Years 3 to 6, this time is inclusive of the Department's current requirement of 60 minutes per week for school sport. From Kindergarten to Year 2, schools should provide the time through their PE program, as well as through the learning that occurs across other subjects where students are physically active.

For high schools, the Board of Studies has been asked to investigate the feasibility of increasing the 300 hour time requirement for PDHPE in Years 7-10 to 400 hours, to ensure that the PE outcomes are achieved.

Please make the action plan available to your staff. Schools will receive further details about the specific strategies outlined in the plan as each is developed. For further information please contact Janet Davy, Chief Education Officer for PDHPE, on (02) 9886 7651 or your district PDHPE consultant.

Jozefa Sopski
Deputy Director-General
Development and Support

17 August 1998