At Fowler Road we focus on increasing our students' level of physical activity. Many of our students avoid physical activity in the context of health promotion and find it difficult to participate in activities usually available to them, such as sporting teams. Also many of our students have difficulties in this setting and in their home schools in displaying appropriate behaviour in the playground. Consequently, developing a positive sense of themselves, their ability to work constructively with others, and respond appropriately to adult direction are important goals for our students. We consistently aim to promote students' health and level of physical activity as well as those interpersonal relationships critical to physical activity in a team context, in a range of ways.

Staff Awareness
- Ensure that all DET professional learning materials are implemented with staff.
- Ensure that the topic and the approach used at the school are addressed each year.
- Information and resources are kept on physical activity in the library and are updated as appropriate.
- Teachers include a range of teaching/learning activities to increase students' physical activity.

School practices
Playground activities, classroom activities, community activities, excursions and sporting outings provide the opportunity to develop and practice the skills needed to develop and maintain physical fitness.

- **Playground activities** are promoted and students are encouraged to spend their break time in the playground area. Maximum supervision of the playground area is provided. Several activities are provided including soccer, basketball, softball, and ropes. Students are encouraged to develop appropriate skills at play. Safety of equipment is considered, for example, rubber bats, tennis balls, small basket balls and soccer balls only are used. The swing rope must be supervised and placed away when not in use.
- **Classroom activities** are undertaken in the Activity Room. Soft balls only are used and students should not run in socks.
- **Community activities** include fitness activities, ball skills development, nature walks at the following venues: Kidseum, Centennial Gardens, Parramatta Park and Lakes, local halls and parks, put-put golf, Bowling.
- **Excursions** can sometimes include a specific focus on physical activity such as the school's camp.
- **Sporting outings** include: Golf (driving range only), Indoor Rock Climbing, Swimming, Snorkelling, Soccer (wearing sports shoes only).

We also:
- Hold Two Sports Days at the school each year.
- Encourage students who have strengths in particular areas of physical activity
- Include weekly assembly awards to reinforce skills in physical activity and appropriate behaviour.
- Promote physical activity through displaying pictures and videos of students' engaged in physical activity
- Praise and encourage physical activity.
- Join in physical activities with students as far as possible.

Teaching skills in physical activity
- Classroom and school practices are based on the beliefs that:
  - participation in regular fitness activities is enjoyable;
  - participation in regular and varied activity promotes healthy lifestyles; and
  - fitness can be improved and maintained with regular participation in physical activity.

- We focus on the following areas of the PD/H/PE Syllabus.
  - Communicating effectively with others.
  - Interacting positively with others.
  - Moving with confidence and competence.
  - Esteem building for self and others.

- Teachers focus on teaching/learning strategies to:
  - identify students' strengths and areas of need in gross and fine motor skills; and
  - implement strategies to build on students' strengths and develop skills in those areas of need.