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# Move Play and Go Action Plan

**Criteria 4** The timetabling of physical education, physical activity and sport is consistent with the UNESCO guidelines for Policy Makers.

### Why is this criterion important?

Meeting physical education, physical activity and sport requirements is one of the most important ways schools can have a positive and direct impact on every student’s health and wellbeing. Meeting this criterion supports children’s health and wellbeing in two key ways:

1. Physical education and sport which supports the development of students’ motor skills, movement competence and health-related physical fitness to promote lifelong participation in physical activity.

2. This criterion helps students meet daily physical activity guidelines and provides opportunities for participation in regular physical activity.

*Refer to the Starter Pack glossary for definitions of physical activity and ‘Australia’s physical activity recommendations for children aged 5–12 years’.*

### To Do List

Complete the following table to help plan what actions need to be taken to meet the criteria. Add more pages if you need them.

| **What***What action needs to be taken? eg review of timetable, staff professional development, increase PE staff allocation, program design)* | **How***How will it be done? (eg look at Daily Fitness page on MWEW website for ideas, HPE teacher to help support other staff )* | **Who***Who will be responsible for organising the action?* | **When***When is it to be completed?* |
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This is a Healthy Tasmania initiative 2020