

Active Schools Case Study

Altona College

Key Priority Areas: Extracurricular Programs



School Overview:	Altona College is a P-12 school based in the heart of Altona, West Melbourne with an enrolment of 590 students. The leadership team prioritised providing students with more physically active extracurricular programs at recess and lunchtimes to support their re-integration to the College following the impact the 2 years of interrupted learning due to COVID-19 had on student attendance and school connectedness.
Project Goal:	To provide fun, age appropriate and engaging extracurricular opportunities where students can connect with their peers and teachers whilst creating an environment where the whole school community thrives and flourishes on a daily basis. Student health and well-being will be positively impacted through recess and lunchtime activities that link directly to student voice and agency.

The implementation of an extensive extracurricular program at Altona College has been the ongoing work of the leadership team, with the Active Schools Extracurricular funding enabling the school to extend and support their recess and lunchtime physical activity and sports program. With a full-time Education Support staff member now employed to oversee the program, the teacher facilitated sessions reflect staff passions and strengths as well as student interests. Student surveys and questionnaires were used to improve student engagement, and the program offerings have focused on fostering communication skills, teamwork and resilience that also support the academic outcomes of the student cohort.

Primary Before School & Recess Sport Activities Term 2

Week A & B	Mon	Tues	Wed	Thurs	Fri
Before School	Indoor Soccer (Gym)	Modified Games (Gym)	Basketball (Gym)	Frisbee Games (Gym)	Terminator (Gym)
Recess	Netball Training (Gym)	Soccer Training (Gym)	Netball Training (Gym)	Soccer Training (Gym)	N/A

The program has had a positive and wide-ranging influence on the staff and wider college community with the extracurricular programs now embedded at Altona College. A review of further implementation possibilities includes an extension to before and after school activities, linking current programs to community based programs, and establish professional learning opportunities for staff and students to continue to embed differing and alternative programs at Altona College.

Active Schools Strategy	Impact
Policy and staff engagement - Identify enthusiastic and passionate staff to run recess and lunchtime activities for students and include these sessions as part of their allotted yard duty time.	<i>Staff engagement in the program is high because the commitment is NOT an extra responsibility for staff. Staff feel more confident to deliver sessions in sports and games they are familiar with.</i>
Program Delivery - A full-time Education Support staff member is employed to work with college staff to develop, implement, review and refine the extracurricular sports and activities program.	<i>Staff feel supported across the College when school sport, excursions and programs are running. Classroom and specialist teachers are able to spend more time in classrooms providing quality teaching and learning.</i>
Student Voice - Students across the college were consulted and officially surveyed through questionnaires about the extracurricular program and possible activities they would like to participate in.	<i>An increase in student attendance and connectedness has been observed. More respectful relationships between staff and students have also been reported with less playground incidents between students.</i>
Equipment - Purchase additional equipment to support the extracurricular activities such as, Futsal goals and balls and Badminton nets.	<i>Ensured a wide variety of sports and activities could be offered with age appropriate and modified equipment that can also be used in PE sessions across the whole school.</i>

Altona College Lunchtime Sport & Indoor Activities Term 2

Week A & B	Mon	Tues	Wed	Thurs	Fri
Sports & Indoor activities	Quiet Activities – D3 Primary Pod – POD 7-12 Concert Band – D1 5-12 Ultimate Frisbee – Oval Reading Club – Library AFL - Oval	Quiet Activities – D3 7-12 Basketball – Gym 10-12 Weightlifting – Gym Table Tennis – Gym Orchestra – D1	Quiet Activities – D3 Klezmer Kapelye – ASCH P-2 Mini Music makers – D1 Volleyball – Gym	Quiet Activities – D3 Weightlifting – Gym 7-12 Walking Club – Front Gate 7-12 Softball – Oval Commendations Exchange – Front Office 5-12 E-Sports – E4 Choir – D1	Quiet Activities – D3 7-12 Diversity Club – P4 7-12 Rock band – D1 Auslan – E4 Drawing Club – D2 AFL - Oval

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