Active Schools

Shepparton Regional Event

Wednesday 16th August

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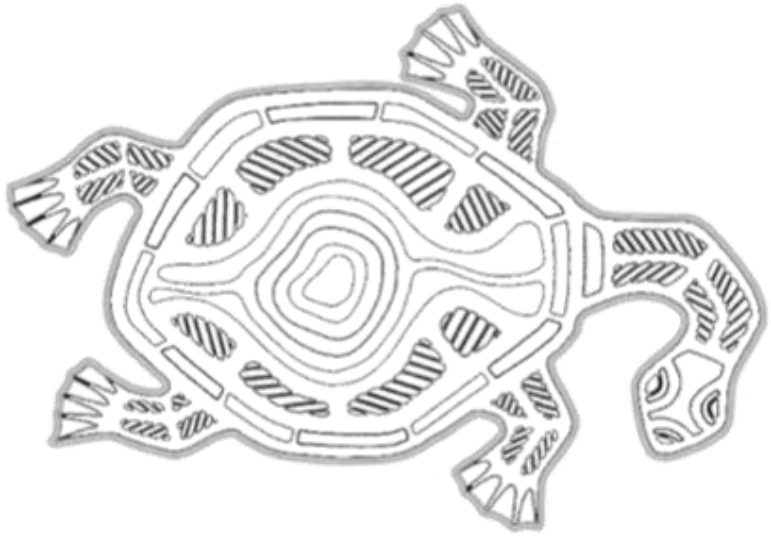
We wish to acknowledge the Traditional Custodians on whose lands we meet today, the Yorta Yorta people. We pay our respects to their Elders- past and present.



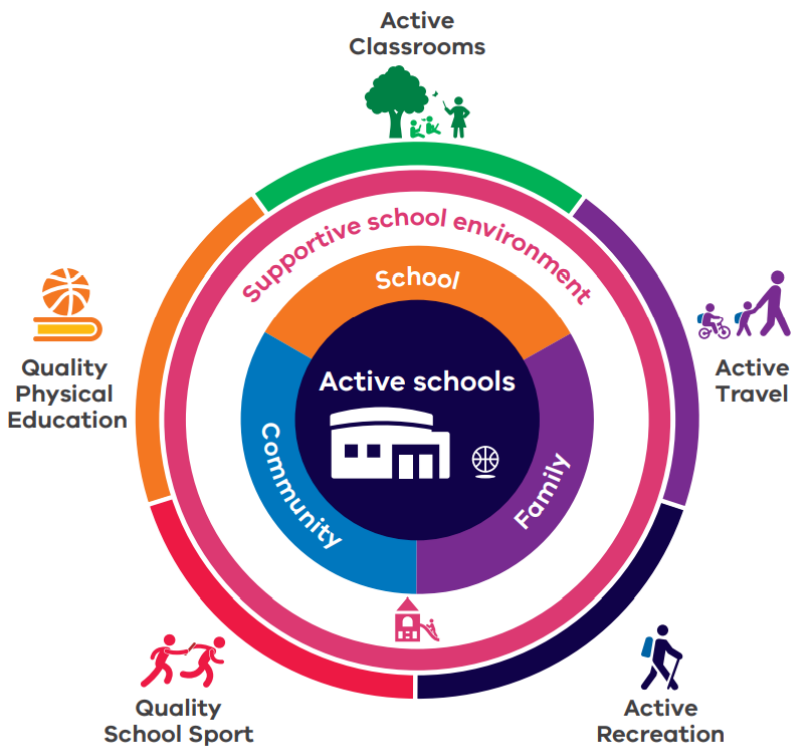
We take this opportunity to reflect on the important role of education in providing opportunities for students to learn about both ancient and contemporary Aboriginal and Torres Strait Islander histories and cultures.

We encourage everyone to nurture culturally safe environments which maintain respect and equity for all.

Active Schools

The Victorian Department of Education (DE) have invested $45.4 million in the ***Active Schools*** initiative since 2021 to ensure students have the skills, confidence and motivation to be active for life.

ACHPER Victoria manages the implementation of ***Active Schools*** on behalf of the Victorian Department of Education (DE) via the Expert Support Services (ESS) team.



The ESS assist both funded and non-funded DE schools to implement the ***Active Schools*** Framework

More info at Active Schools Online Community or activeschools@achper.vic.edu.au

Active Schools

Forum

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Overview of the session:

Learning Intention:

To provide an overview of the Active Schools Framework and create an opportunity to share ideas, barriers and support on how to implement the Active Schools key priority areas.

Success criteria

- Identify next steps to implementing initiatives
- Set a goal to work towards to create an Active School
- Share ideas, knowledge and successes

Active Recreation

What is Active Recreation?

- Active recreation includes active play and recreation before, during and after school (inclusive of recess and lunch), outdoor learning, incursions, excursions and school camps. Unstructured, leisure-based physical activity is vital to children and young people's daily activity levels.

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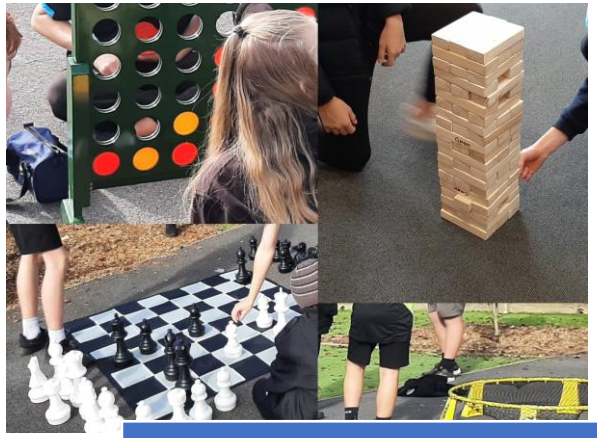
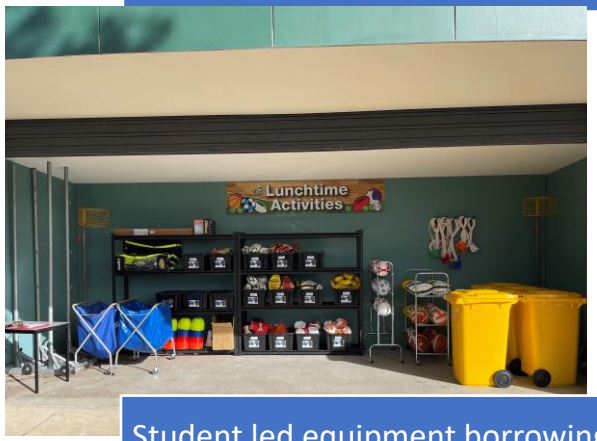
Colour-coded equipment borrowing system



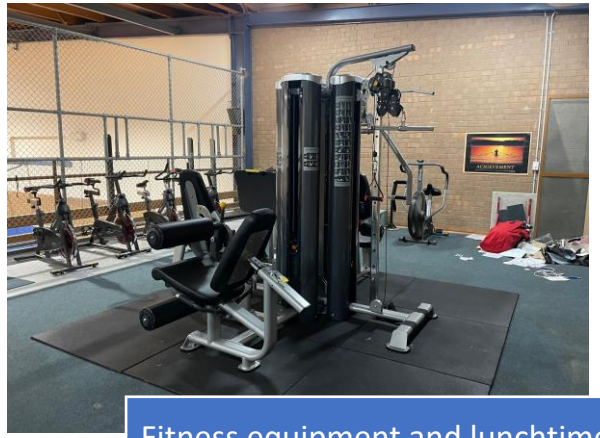
Giant board games that promote physical activity

Outdoor table tennis tables to promote nontraditional sports



Student led equipment borrowing system for recess and lunchtimes

Gaga pits



Fitness equipment and lunchtime fitness programs

Active Recreation

What programs could you run to promote physical activity at lunchtime?

What can you do to get more students involved, increase student leadership and voice?

Active Recreation

Creating a supportive environment

How to create a supportive school environment?

- A supportive school environment is integral to an active school, which encourages physical activity throughout the school day.

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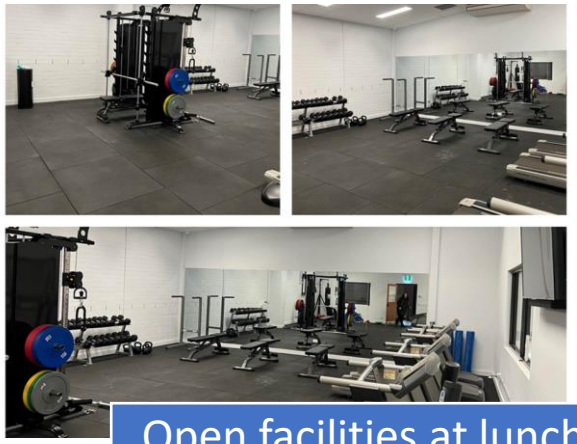
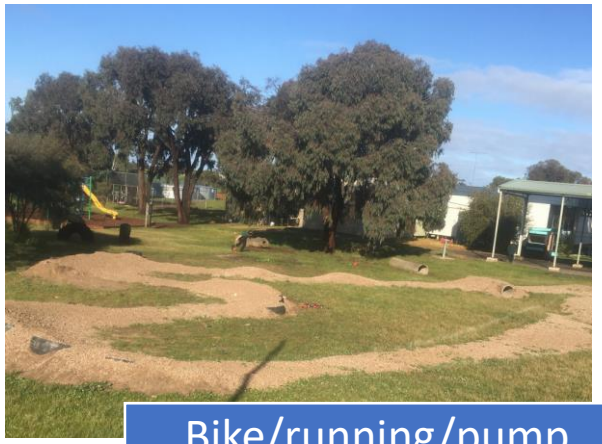
Line marking



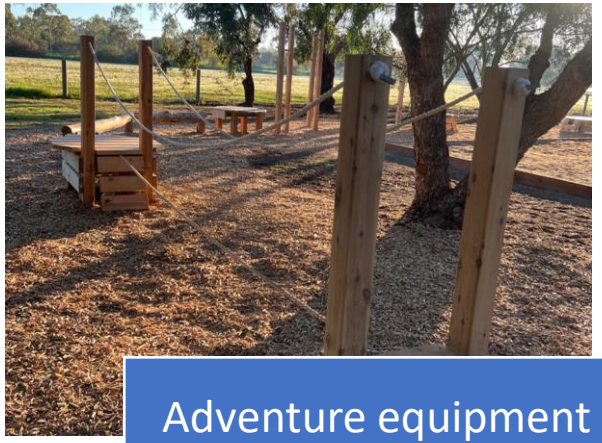
Open facilities at lunch time



Bike/running/pump track

Mini golf course

Outdoor activity equipment



Adventure equipment

Creating a supportive environment

How can you engage leadership and school staff to promote physical activity?

What low cost changes can you make to your physical school environment to promote physical activity?

Creating a supportive environment

Quality School Sport

What is Quality School Sport?

- Quality school sport provides opportunities for all students to participate in a format suitable to their **age**, **skill** and **ability** whilst also linking students with **local sporting clubs**.
  - Inclusive & accessible
  - Participation over performance
  - Build resilience, teamwork, school pride
  - Provide diversity for varying interests

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Quality School Sport

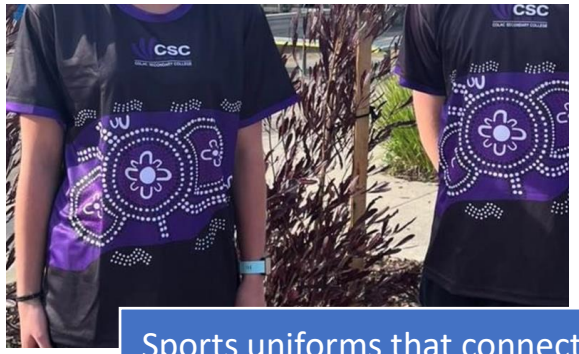
Primary Before School & Recess Spor
Activities Term 2

Mon	Tues	Wed	Thurs
ndoor Soccer (Gym)	Modified Games (Gym)	Basketball (Gym)	Frisbee Games (Gym)
Netball raining (Gym)	Soccer	Netball	Soccer

Time tabled sport both traditional and non-traditional

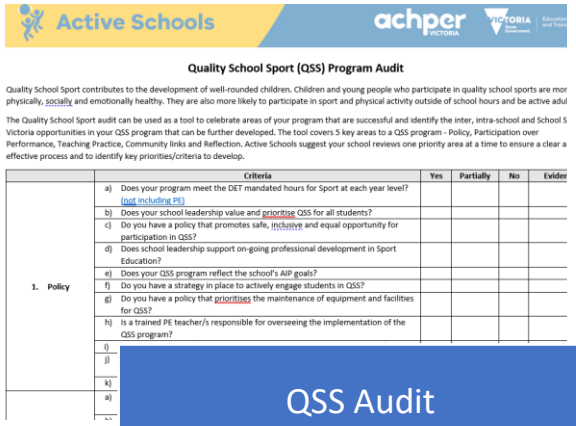
House sports competitions

Facilities to promote QSS



Sports uniforms that connect to community

Sports carnivals that are inclusive for all



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Quality School Sport (QSS) Program Audit

Quality School Sport contributes to the development of well-rounded children. Children and young people who participate in quality school sports are mor physically, socially and emotionally healthy. They are also more likely to participate in sport and physical activity outside of school hours and be active adul

The Quality School Sport audit can be used as a tool to celebrate areas of your program that are successful and identify the inter, intra-school and School S Victoria opportunities in your QSS program that can be further developed. The tool covers 5 key areas to a QSS program - Policy, Participation over Performance, Teaching Practice, Community links and Reflection. Active Schools suggest your school reviews one priority area at a time to ensure a clear a effective process and to identify key priorities/criteria to develop.

		Criteria	Yes	Partially	No	Evider
1. Policy	a)	Does your program meet the DET mandated hours for Sport at each year level? (not including PE)				
	b)	Does your school leadership value and prioritise QSS for all students?				
	c)	Do you have a policy that promotes safe, inclusive and equal opportunity for participation in QSS?				
	d)	Does school leadership support on-going professional development in Sport Education?				
	e)	Does your QSS program reflect the school's AIP goals?				
	f)	Do you have a strategy in place to actively engage students in QSS?				
	g)	Do you have a policy that prioritises the maintenance of equipment and facilities for QSS?				
	h)	Is a trained PE teacher/s responsible for overseeing the implementation of the QSS program?				
	i)					
	j)					
	k)					
	a)					

QSS Audit

Quality School Sport

What programs can you run at school to increase participation in sport?

How can you link with local sporting/community organisations?

Active Classrooms

What makes an Active Classroom?

- Active classrooms incorporate movement into classroom learning which helps students retain knowledge in a meaningful way.

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Active Classrooms

Fit Kid Kits

Active breaks and active learning task cards

Standing desks

Outdoor classrooms

Outdoor learning

Classroom furniture

Active Classrooms

How do you incorporate movement and physical activity into your lessons?

Think of a topic that you will teach in the coming week, how can you implement a hands on activity that incorporates movement?

Quality Physical Education

What is Quality Physical Education?

- Integral to health and physical education is the acquisition of movement skills, concepts and strategies to enable students to participate in a range of physical activities confidently, competently and creatively.

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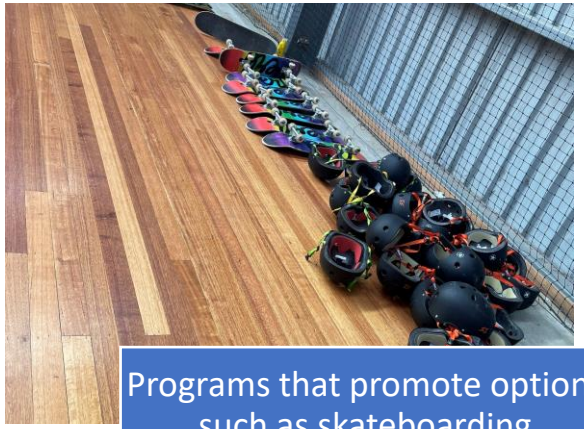


Programs that promote options such as skateboarding

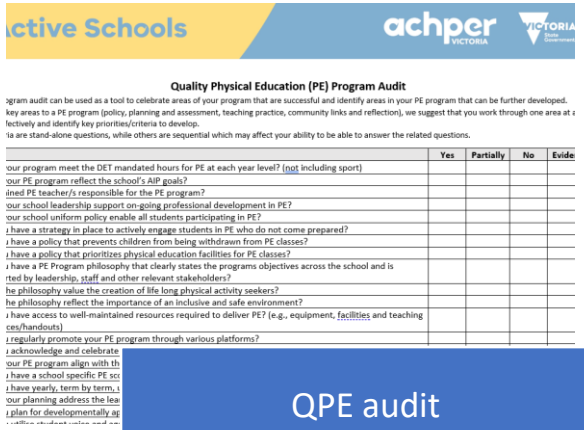
Incursions/Excursions

Facilities that promote options to provide QPE

Quality Physical Education

Aquatics programs

Excursions to local community facilities



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Quality Physical Education (PE) Program Audit

ogram audit can be used as a tool to celebrate areas of your program that are successful and identify areas in your PE program that can be further developed.
key areas to a PE program (policy, planning and assessment, teaching practice, community links and reflection), we suggest that you work through one area at a
fectively and identify key priorities/criteria to develop.
ia are stand-alone questions, while others are sequential which may affect your ability to be able to answer the related questions.

	Yes	Partially	No	Evide
our program meet the DET mandated hours for PE at each year level? (not including sport)				
our PE program reflect the school's AIP goals?				
ined PE teacher/s responsible for the PE program?				
our school leadership support on-going professional development in PE?				
our school uniform policy enable all students participating in PE?				
have a strategy in place to actively engage students in PE who do not come prepared?				
have a policy that prevents children from being withdrawn from PE classes?				
have a policy that prioritizes physical education facilities for PE classes?				
have a PE Program philosophy that clearly states the programs objectives across the school and is rted by leadership, staff and other relevant stakeholders?				
he philosophy value the creation of life long physical activity seekers?				
he philosophy reflect the importance of an inclusive and safe environment?				
have access to well-maintained resources required to deliver PE? (e.g., equipment, facilities and teaching ces/handouts)				
regularly promote your PE program through various platforms?				
acknowledge and celebrate				
our PE program align with th				
have a school specific PE sc				
have yearly, term by term,				
our planning address the lea				
plan for developmentally ap				

QPE audit

How can you make your PE program/classes engaging and enjoyable for students?

How do you differentiate to cater for all students?

Quality Physical Education

Active Travel

What is Active Travel?

- Being active on the way to and from school contributes significantly to a student's daily physical activity and increases social and community connectedness.

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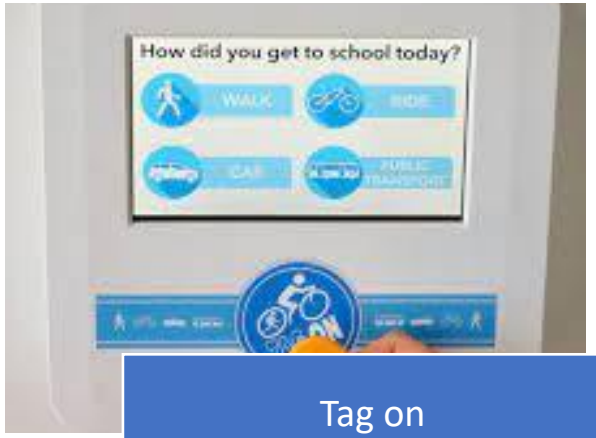
Active Travel

Ride to School Day

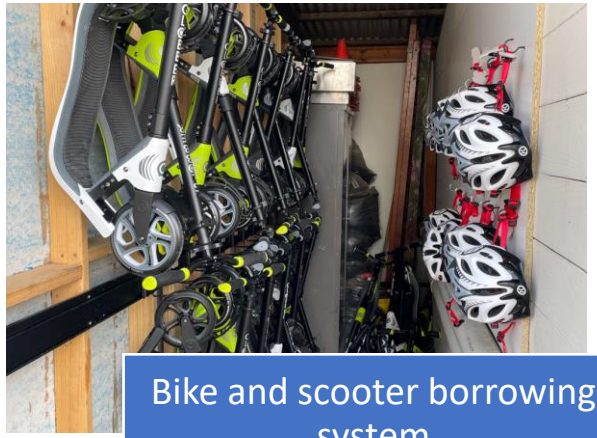
Walking School Bus/Develop a safe route to school

Bike/scooter storage



Tag on

Open streets



Bike and scooter borrowing system

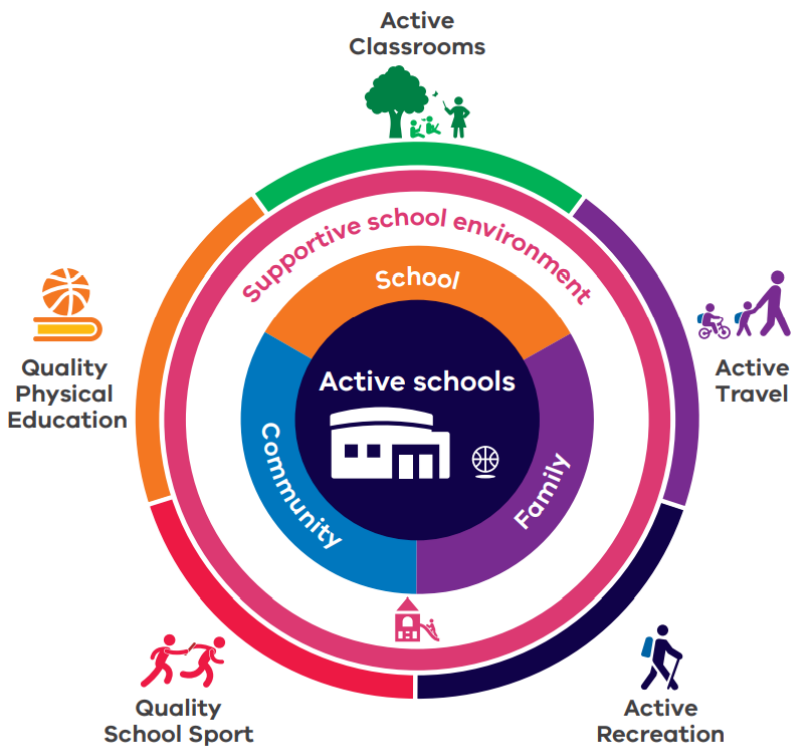
Active Travel

What are the barriers and possible solutions for Active Travel at your school?

What stakeholders or organisations can support this?

Key take aways

Wonderings



Where to next?

Create a short term goal

- Create a goal to achieve by the end of this term /year
  (By the end of Term 4 2023 I will develop a roster for lunchtime programs for Term 1 2023)
- Email to someone else in this room to help hold each other accountable
- Copy in an Active Schools staff member

Further networking/collaboration opportunities

- How can we support you to develop a network and encourage collaboration?
  - Further events
  - Online/Face to face
  - Group emails

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Welcome to the Active Schools Online Community

Supporting the Active Schools Initiative, on behalf of Department of Education and Training (DET) Victoria .

Learn More

Explore

Discover a range of resources to help you create a more active school.

More ▸

Learn

Engage in a range of face to face and online professional development to help implement the Active Schools Framework.

More ▸

Connect

Join in latest discussions with your peers and industry leaders to expand your knowledge.

More ▸

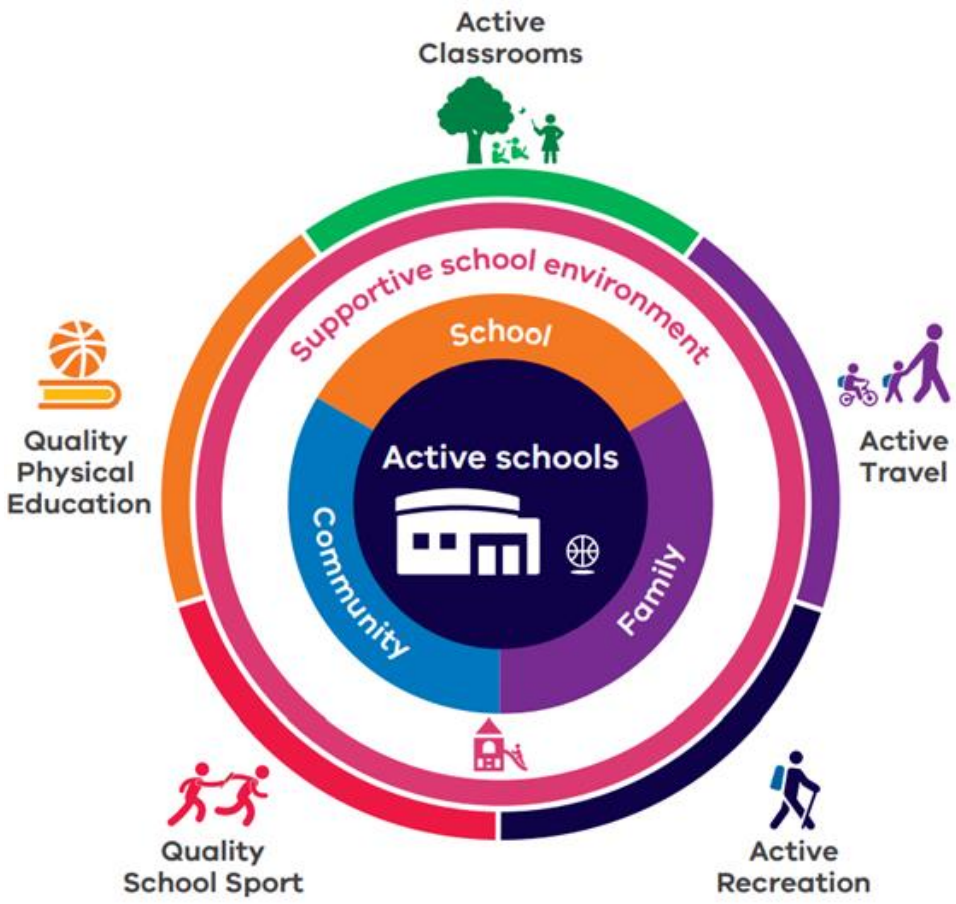
Active Schools Online Community

- Community Forum
- Resources and webinar recordings
- Online and Regional event information
- Active Schools in Action and Case Studies

Evaluation

- Please complete the short survey by scanning the QR code.
- This will trigger your attendance certificate to be sent to you in the coming days.

Thankyou!

General Enquiries

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