

Ardeer South Primary School in Action

Key Priority Areas: **Active Recreation and Supportive School Environment**

Type of Funding: **Active Schools**



School Overview:	Ardeer South Primary School is situated in West Sunshine and a high proportion of pupils come from families where English is their second language. After 2 years of the pandemic, staff had seen a huge disconnect with the students linking back to local sporting organisations and school was often the only place many students were being physically active. The school grounds have been developed over recent years to support physical activity and provide a safe and stimulating environment for all students.
Project Goal:	To further enhance the school environment and increase opportunities for students to engage in active recreation and sports that are also offered in the local community. To increase engagement and links with local community sport clubs and programs that promote health and wellbeing, social relationships and connectedness.

Remote learning and lockdowns had a severe impact on the amount of physical activity students were involved in, so Ardeer South Primary School acknowledged a need for community programs that offered ongoing opportunities for students to participate in sports outside of school hours. The incredible financial support offered through the Active Schools Grant enabled the school to provide opportunities for students to learn and play AFL football, both during school time and in their own recreational time, with a focus on learning valuable life skills and keeping physically active.



Through engaging the services of the Western Bulldogs [Friendly Schools Program](#), community connections with the Sunshine Heights Football Club were also established. The club was struggling for junior players following the pandemic, and through advertising and a willingness to pay membership fees for some of the financially disadvantaged families, the school enabled many of Ardeer South's students to become members and play in teams with their friends.



Ardeer South Primary School plans to hold many school events that align with AFL and that support families to connect with each other. Activities such as, Football Gala Days, Family Days, staff and student football games, Super clinics, and of course the Western Bulldogs *Friendly School Program* will all be on the agenda in the coming years.

Active School Strategy	Impact
Infrastructure – Enhance current play spaces by resurfacing the oval and installing new AFL goal posts that promote and support AFL in-school programs.	<i>The number of students actively engaged in playing AFL on the oval has increased. Student fitness and social behaviour with mixed age groups sharing the space has also improved.</i>
Program Delivery – Engage the services of the Western Bulldogs <i>Friendly Schools Program</i> that utilises young students enrolled in the SEDA education program.	<i>Student knowledge, confidence and competence in playing and executing AFL skills has improved significantly. Staff understanding and knowledge of the game has also grown.</i>
Community – Build connections with the <i>Sunshine Heights Football Club</i> to support students to join junior AFL teams and provide greater opportunities for physical activity outside of school hours.	<i>The Football Club is now a place where many Ardeer South students and families connect and are active outside of school. Significant positive impact on student physical and emotional health has also been observed with new friendships formed.</i>
Promotion – Regularly communicate and actively encourage the use of the new oval at break times as well as before and after school.	<i>The love of playing games and sports has grown through active recreation, both before and after school, as well as at recess and lunch times.</i>