

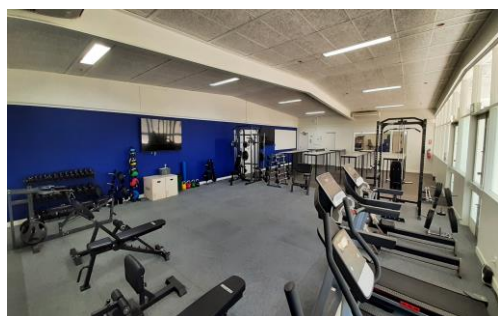


Cobram Secondary College in Action

Key Priority Area: **Active Recreation**

Type of Funding: **Active Schools**

School Overview:	Cobram Secondary College’s rural location and lack of public transport provides a barrier to accessing physical activity programs beyond those available within the town of Cobram. This increases the importance of delivering a high-quality Physical Education program to the 370 (approx.) students and providing a supportive school environment that encourages activity during the school day.
Project Goal:	To encourage healthy lifestyle habits and engage students in physical activity who are not currently interested in competitive team sports, Cobram Secondary College focused on Active Recreation. The overall aim for this project is to reduce sedentary behaviour and increase physical activity of all students.



Data obtained through the school’s annual physical activity student survey showed less than 25% of students are meeting the recommended 60 minutes of physical activity on school days. Students indicated that “exercise for fitness” is their preferred type of physical activity. The main strategy to achieve the project goal was to develop a fitness centre program targeting students interested in exercise for fitness. The school purchased a range of strength and conditioning equipment, including free weights and resistance bands; cardio equipment such as treadmills, rowing machines and exercise bikes; and low impact exercise equipment including Yoga mats and Pilates rings.

School policy supporting the use of the facility during break times, before and after school was a crucial component in the sustainability and success of the project. The school revised the supervision rosters to allow health and physical education staff to supervise the fitness centre during break times. This simple change provided students the opportunity to access and use the equipment in a safe, supportive environment. The provision of the fitness centre and its supporting school policies have led to a shift in the culture of staff and students.



Active School Strategy	Impact
Equipment and Programs: Purchase appropriate fitness equipment to create opportunities for students to be active and access the school fitness centre.	<i>Since introducing the Fitness Centre and active classroom equipment, Cobram Secondary College has already seen a positive impact in increased physical activity and decreased sedentary behaviour amongst students and staff.</i>
Student Voice and Agency: Survey students annually and provide opportunities for those who indicated physical activity “for fitness”.	<i>The facility is used frequently by a wide range of students, including some who were previously inactive and don't engage in team sports or traditional Physical Education programs.</i>
School Policy: Support active recreation by allowing students access to the fitness centre during break times, before and after school with staff supervision.	<i>Staff feel supported by school leadership and student physical activity levels have increased due to the revised school policy allowing HPE staff to modify their duty and supervise the gym. Leadership are very supportive of the changes and are aware of the benefits to overall student health and wellbeing.</i>
Promotion: Educate students on the benefits of physical activity on physical, social and emotional health.	<i>Students who have taken the opportunity to use the equipment at break times have been supported to increase their knowledge of developing fitness plans and maintaining personal fitness.</i>