

## Seaspray Primary School in Action

**Key Priority Areas:** Active Recreation and Active Travel

**Type of Funding:** Active Schools



<b>School Overview:</b>	Seaspray Primary School is a small school located alongside the pristine Ninety Mile Beach in Gippsland, Victoria. Families rely heavily on the school to provide opportunities for their children to engage in physical activity and games that develop their physical fitness and skills because distance, time and money continue to be barriers to participation outside of school.
<b>Project Goal:</b>	To improve the quality of the program offerings in specialist Health and PE classes and continue to grow an active school environment in which students can learn, play, develop individual skills and confidence, developing into happy, healthy and engaged students.

An intensive Bike Education program was delivered by qualified school staff and the local Community Wellbeing Project Officer from Wellington Shire Council to all F – 6 students. The students actively participated in challenging and meaningful safe cycling activities that culminated in a school Bike Challenge Day focused on building resilience, problem solving skills, and developing an appreciation of the many health related benefits of riding.

When the keen cycling enthusiasts at Seaspray Primary School learned about the local council plan to install a Pump Track on the foreshore to encourage the Seaspray community to get active, they expressed their support in a persuasive text titled, 'Pump Track Vibes'. It was proudly displayed in the local Mini Mart window for all to see as the students eagerly await the installation!



Active Schools Strategy	Impact
<b>Professional Development</b> - Identify staff who are qualified to teach Bike Education and/or arrange for staff to attend training to gain qualifications.	<i>Ensured the <b>sustainability</b> of the Bike Ed Program beyond these sessions. Enabled other opportunities to ride e.g. local cycling adventures.</i>
<b>Community Engagement</b> - Seek support from local council regarding the program. e.g. Borrowing bikes, helmets, vests and program delivery.	<i>Consolidated local council connections through resources and information sharing including a local project proposal – A Pump Track installation.</i>
<b>Program Delivery</b> - Schedule and deliver a whole school Bike Ed. program, including a Bike Challenge Day! Retain bikes at school for the students to use during breaks.	<i>Students continued to ride bikes at school every day for weeks after the program was completed. They supported one another and continued to grow in confidence and competence.</i>
<b>Teaching and Learning</b> - Review opportunities to cycle outside school. Discuss local council's decision to install a Pump Track and the potential positive impact.	<i>Students collaborated, wrote and shared the benefits of cycling with the wider community through a cross curricular persuasive writing task - "Pump Track Vibes".</i>

### PUMP TRACK VIBES

*Are you looking for somewhere cool to ride your bike? Pump tracks are a cross between a skate park and a BMX track, which are designed with features for riders to explore. There may be a lack of understanding of the benefits we can gain from a pump track in our town. It is worth reading our persuasive text to learn more! A pump track in Seaspray would be the best thing for this community, providing a place to make friends, exercise, have fun and entertain both locals and holiday makers. Meeting new people is very important for kids, so they don't sit alone or stay home and play electronic devices all day. Having a pump track as a central point to meet would be very important for a lot of young people's lives in this town. At the pump track we would talk to one another, share some hot chips and organise to meet again.*

*Putting yourself out of your comfort zone at the pump track, trying new tricks would boost your confidence where you would be more likely to talk to others and share stories and experiences. Did you know that approximately 67% of Australians are overweight? Not if you go to the pump track! Riding at the pump track would get the blood pumping in your veins, improve your cardio vascular system, making you fitter and stronger! You do want to be fit don't you?*

*Don't you hate it when you're just so bored at home? Both adults and kids can enjoy this Pump Track whenever they like! Holiday makers-are you bored in your caravan and it's too cold to go to the beach? Warm yourself up at the pump track and enjoy some hot chips from Seaspray Mini Mart. It is a splendid experience of fun and entertainment, all in our local community. So, you can obviously see what the benefits of having a pump track in our community are. Fun, entertainment, fitness, health and socialization-all things that you will gain if we get a pump track at Seaspray.*

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