



Seymour College in Action

Key Priority Areas: **Quality Physical Education and Active Recreation**

Type of Funding: **Extracurricular**



School Overview:	Seymour College is located in the North East of Victoria with 750 students from Foundation to Year 12 in the mainstream sector and ungraded students in the Inclusive Education Sector. Seymour College's vision centres on the provision of a safe and supportive environment where young lives will be transformed through a love of learning.
Project Goal:	To increase student engagement in Physical Education classes by providing opportunities that support flexible, relevant and authentic learning experiences for all students. To also provide students with lunchtime activities that improve student health, wellbeing and engagement and link with the local community.



Seymour College engaged, [Gnarly Neighbours](#), a non-for-profit skateboarding youth group based in Seymour, to deliver skateboarding sessions during scheduled Physical Education classes to years 3-10 students. The students in the Inclusive Education classes were also involved and they conducted lunchtime 'Come and Try' sessions as well. *Gnarly Neighbours* main focus is on creating a positive space for children and young adults to build community whilst providing positive mentoring and support that inspires creativeness and individuality. Their philosophy and approach matched perfectly with Seymour College's focus of widening community connections and creating a vibrant place for students to learn and grow.

The first Skateboarding session provided students with an overview of safety and the basic skills required for skateboarding. This was then followed by sessions where students could further develop their skills and confidence, culminating in the opportunity to use the portable ramps to showcase their skills.

Once students had experienced skateboarding in their Physical Education class, they had the opportunity to attend any lunchtime sessions where they continued to improve their confidence, resilience and develop a connection with Jayden from *Gnarly Neighbours*. These sessions attracted a crowd of students across all year levels, either participating or cheering each other on. Further information can be found by clicking the flowing links:

- **Local Newspaper Article** – [Seymour College promoting youth wellbeing through skateboarding](#)
- **Video** - [Gnarly Neighbours on The Project](#)

Strategy	Impact
Teaching and Learning - Incorporate two skateboarding sessions for each class during their Physical Education time.	<i>Students enjoyed participating in a different activity that they would normally not experience during Physical Education class time. It increased student skills and knowledge to participate safely.</i>
Extracurricular Program Delivery - Provide lunchtime 'Come and Try' sessions for students throughout the term.	<i>Students opted in for the lunchtime sessions to continue to develop their skills within a less structured session, keeping them active during their school breaks.</i>
Community Engagement - Link students and parents/guardians in with local youth group Gnarly Neighbours.	<i>There has been an increase in the number of students attending the local skate park promoting safety and physical activity. Students are also engaging in other activities conducted by Gnarly Neighbours including holiday camps and community based lessons.</i>