



Active Schools

Cranbourne Workshop

Tuesday 1 August 2023

Please place your bags on or under the lounges at the back of the room.

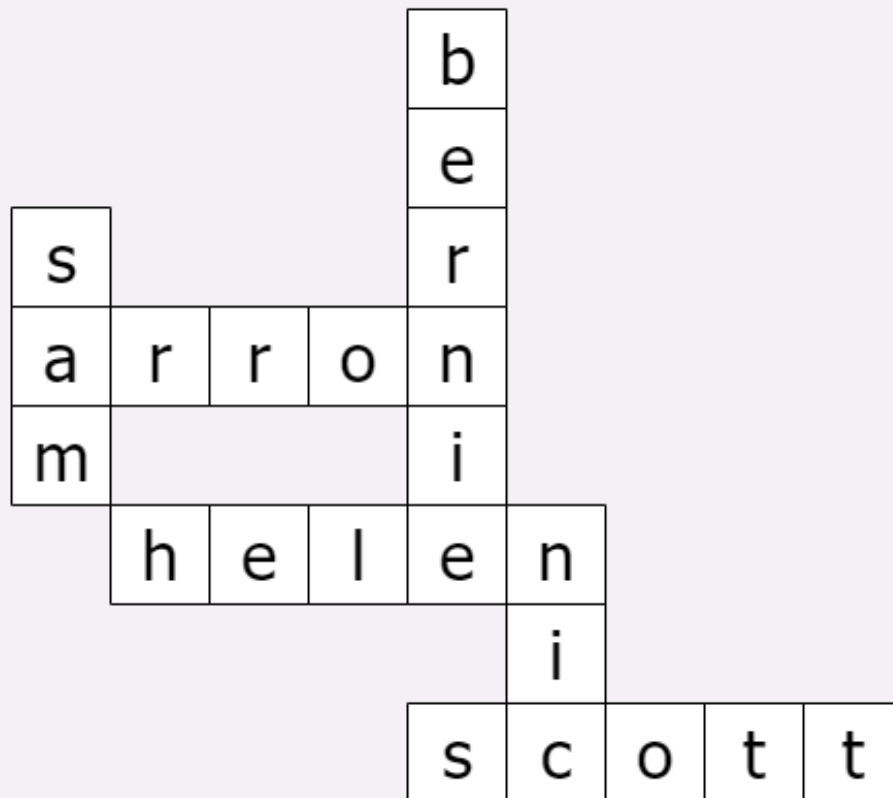
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ACTIVE SCHOOLS team





Housekeeping

Every session we have designed for you today will help make your jobs easier, not harder when you get back to school.



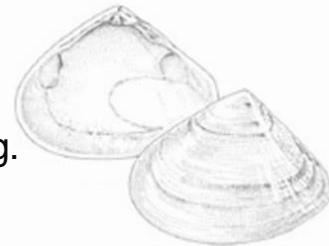


Acknowledgement of Country - City of Casey



The Active Schools team proudly acknowledges the traditional owners, Casey's Aboriginal communities and their rich culture and pay respect to their Elders past and present.

We acknowledge Aboriginal people as Australia's first peoples and as the traditional owners and custodians of the land on which we work and live.



The City of Casey lies within the boundary of the Mayone Bulluk Bunurong/Boonwurrung.



Active Schools Framework

[Active schools framework
\(education.vic.gov.au\)](http://education.vic.gov.au)





Quality Physical Education

Quality physical education involves:

- meeting minimum time for Physical Education for Foundation – Year 10
- delivery of a Victorian Curriculum aligned teaching and learning program
- teachers who are competent and capable in Physical Education instruction
- a safe, inclusive and encouraging learning environment for students of all ages and abilities.



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



Quality School Sport



Active Travel

Active travel involves:

- Walking
- Cycling
- Scooting

#or any other active ways of getting to or from school, for the whole journey or as part of the journey.



An active classroom involves:

- active breaks between and within learning activities
- learning activities which involve movement
- working at benches, standing desks, on the floor, or in combination to create movement between work areas
- learning outdoors.

Active Classrooms





Active Recreation

Active recreation includes:

- active play and recreation before, during and after school (inclusive of recess and lunch)
- outdoor learning
- incursions and excursions
- school camps.



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

The design of the school environment **directly** influences how active students will be during class and break time, as well as before and after school.



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Let's get cooking!

