



# Active Schools

## Active Classrooms

### A RECIPE FOR SUCCESS



#### PREP TIME

Faster with help from the Active Schools Expert Support Service team.



#### SERVES

Whole school community



#### SUITABLE FOR

All classrooms in all schools

## INGREDIENTS

- **Policy** and **Leadership** support to implement strategies.
- **Resources, support** and **education** for all staff to promote and operationalise a physically active classroom.
- Ongoing **professional development** for all teachers to upskill their knowledge and increase their confidence to implement strategies.
- **Indoor** and **outdoor** spaces designed to maximise opportunities for physical activity.
- Stand-up or **height-adjustable desks**.
- **Open learning spaces** that allow for free movement and group activities.



## METHOD

- Highlight the benefits of active classrooms on **student behaviour** in class, and **cognitive** and **academic outcomes** to all teachers.
- Take your lessons **outdoors** and look for any opportunity to **learn through movement**.
- Embed **movement** into lesson plans in **any subject** to ensure these strategies become part of normal **school routines**.
- Interrupt a seated academic lesson to take short **active breaks** (e.g. 2-10 minutes) throughout the day, particularly after sitting for long periods (i.e. 20 minutes).
- Set **active homework** tasks for students to complete in their local community.
- Change the **classroom layout** to facilitate and promote movement (e.g. standing desks, pushing desks and chairs to the side leaving **open space** in the middle for movement, or using the **playground**, or **ground line markings** as learning spaces)



# Active Schools



## Quality PE

### A RECIPE FOR SUCCESS



#### PREP TIME

Faster with help from the Active Schools Expert Support Service team.



#### SERVES

Whole school community



#### SUITABLE FOR

All schools

## INGREDIENTS

- A **qualified, specialist** trained physical education teacher.
- Ongoing **professional development** for teachers delivering physical education.
- A physical education program that is aligned with the Victorian Curriculum and underpinned by a **strengths-based approach**.
- A program with a wide range of physical activities to cater for **different interests**, engage students in **new skills** and develop **breadth in knowledge**.
- **Equipment** that is well stored and maintained and developmentally appropriate for all students (e.g. lots of **modified** equipment)
- A physical education learning space that is **welcoming** and **engaging** for all abilities



## METHOD

- **Timetable** the mandated amount of physical education across all year levels.
- Provide meaningful and **quality assessment** and **reporting** to parents and students so that they value physical education.
- Develop **partnerships** with **community-based** sports organisations, **clubs** or state sporting associations to:
  - Link students to **opportunities** outside of school hours.
  - Access their **expertise** in relevant sports or activities.
  - Seek support with catering to students with **special needs**.
- Consider allowing students to wear a **uniform** that supports physical activity for the entire school day.
- **Celebrate** achievements in physical education alongside other learning areas.



# Active Schools

## Active Travel

### A RECIPE FOR SUCCESS



#### PREP TIME

Faster with help from the Active Schools Expert Support Service team.



#### SERVES

Whole school community



#### SUITABLE FOR

All schools

## INGREDIENTS

- Awareness amongst staff, students and parents about the **benefits** of active travel and ways to **overcome known barriers**.
- A **school drop-off zone** located within walking distance from your school that helps students to use active travel for part of the school journey.
- A comprehensive **road safety education** program as part of the HPE or Geography curriculum.
- School **crossing supervisors** as required to ensure road safety around your school.
- School **infrastructure** that supports active travel (e.g. covered, **safe storage** for bicycles and scooters that is accessible).



## METHOD

- Support and prepare students to travel actively and **independently** to school through regular delivery of safe travel education programs.
- Discuss **safe routes** to school and support students to feel confident in engaging in active travel.
- Promote the benefits of active travel from **sustainability, health** and **social** perspectives.
- Regularly deliver **bicycle education** programs by qualified staff.
- Ensure your school has **qualified trained staff** in bike education to ensure **sustainability** of the program.
- Work with the **local council** to create a supportive built environment around your school to facilitate safe active travel (e.g. **streets closed** to cars, one-way traffic, designated **cycle lanes**, widened **footpaths**, reduced speed, etc.)
- Run promotional events at your school that promote active forms of travel.



# Quality School Sport

## A RECIPE FOR SUCCESS



Active Schools



### PREP TIME

Faster with help from the Active Schools Expert Support Service team.



### SERVES

Whole school community



### SUITABLE FOR

All schools

## INGREDIENTS

- **Policy** and **Leadership** support that values and prioritises quality sport in your school.
- A **year-round program** that provides sporting opportunities for students across the whole year.
- **Skilled staff** responsible for the coaching or delivery of sports programs to ensure they understand the skills, rules and gameplay required to coach a team and assist learning.
- Access to **resources** to explore **professional development** opportunities and assist the inclusion of students with an intellectual disability into the mainstream community.
- **Role models** for students to look up to and encourage positive interactions with community sporting associations.



## METHOD

- Develop an **inclusive program** which:
  - Promotes the **inclusion** of all students regardless of the background, beliefs and/or identity and fosters a sense of **school and community pride**.
  - Prioritises **participation, teamwork** and **enjoyment**.
  - Offers competitive **pathways** for students who excel.
  - Offers a range of sporting options and **modifications** to cater for different interests and abilities.
- **Upskill staff** responsible for the coaching or delivery of sports programs to ensure they understand the skills, rules and gameplay required to coach a team and assist learning.
- Establish **links** with community and state sporting associations.
- **Celebrate** achievements in sport and acknowledge its role in positive school culture.
- Conduct regular '**house sporting days**' that are less focused on competition, and more focused on **social interactions** and active play opportunities.

# Active Recreation

## A RECIPE FOR SUCCESS



Active Schools



### PREP TIME

Faster with help from the Active Schools Expert Support Service team.



### SERVES

Whole school community



### SUITABLE FOR

All schools

## INGREDIENTS

- **Policy** and **Leadership** that support active recreation and includes a school uniform policy that allows students to wear a uniform which supports physical activity.
- **Age-appropriate** spaces including well-maintained and **safe equipment** for play and recreation.
- Access to **playground equipment** before and after school.
- A range of **equipment** and **resources** to encourage active recreation during recess, lunch, before and after school.
- Sufficient **undercover** and **shaded** areas to encourage active play in all weather conditions.
- Links with **local providers** for excursions where students are able to walk or take public transport to the location.



## METHOD

- Offer **outdoor education** experiences to develop a love of being active in the outdoors.
- Incorporate active play and recreation into **learning activities**.
- Develop **peer programs** whereby older students facilitate recess and lunchtime activities for younger students.
- Review the **school grounds** to determine if there are ways to increase opportunities for students of all ages and genders to engage in active play and recreation in the **natural environment**.
- Provide appropriate, accessible, and clean **changing facilities**, or consider allowing students to wear a **uniform** that supports physical activity for the **entire school day**.

*Supportive  
School Environment*



**Active Schools**



### **PREP TIME**

Faster with help from the Active Schools Expert Support Service team.



### **SERVES**

Whole school community



### **SUITABLE FOR**

All schools

## **INGREDIENTS**

- Fit for purpose **school sporting facilities** that can also act as community hubs for sporting clubs and programs after school.
- Fun and engaging **playgrounds** with safe and age-appropriate **equipment**.
- Provide green and **open spaces, sensory play** areas and **outdoor classrooms**.
- **Secure bike and scooter storage**.
- **Classrooms** and **learning spaces** designed and set up to encourage movement.
- **Fitness** and sport equipment and/or **line markings** which encourage active play.
- Buildings and classrooms designed for **multi-purpose** use of indoor and outdoor space to encourage an active school life.



## **METHOD**

- Identify **strengths** and areas for **improvement**.
- Involve all levels of **staff and bring** the **students** along for the journey – ask for their input via **student voice, agency** and **leadership**.
- Commit to promoting physical activity through curriculum, general school life and the local community.
- **Share** your experiences and knowledge with other staff in the school to create a **community of practice**.
- Encourage school **leaders, staff** and **parents** to model a physically active lifestyle to students.
- Document a **plan for action and** implement your plan with support from your **ACHPER Victoria** Expert Support Service **Physical Activity Advisor** (PAA).