

## FOCUS ON LEADERSHIP

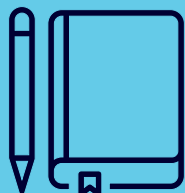
Foster a culture that actively supports a whole school approach to developing physical literacy.

This fact sheet expands on the [Physical Literacy: Guide for Schools](#), providing more practical examples to help embed physical literacy in your school.

- Present information from the Physical Literacy: Benefits for Schools to help school leaders understand the importance of physical literacy.
- Promote and discuss physical literacy initiatives in school leadership team meetings. Provide updates on your Physical Literacy Action Plan.
- Include physical literacy initiatives in your school review and strategic plan.
- Compare the amount of time each year level spends on physical education, sport and physical activity, against mandated state/territory requirements.
- Introduce Australia's [Physical Activity and Sedentary Behaviour Guidelines](#) in a professional learning session and discuss how to increase physical activity for students and staff.
- Engage providers to conduct staff physical literacy professional development.
- Demonstrate a healthy and active life and take part in physical literacy initiatives such as Jump Rope for Heart, lunch time games and sports carnivals.
- Support staff in modelling a healthy and active life and provide stand-up desks, active breaks, stand-up meetings, walking meetings and participation in before and after school physical activity programs.
- Use school surveys to seek parent input on how the school can support their child's physical literacy development.
- Share trained teachers, sports equipment and temporary play facilities with nearby schools to reduce costs and enhance opportunities.
- Use school newsletter, website and social media channels to promote and share physical literacy initiatives with teachers, parents and students.
- Visit the [Clearinghouse for Sport](#) for more information on the role of sport in education.

For more resources to support your school on its physical literacy journey, visit the [Sport Australia website](#).





## FOCUS ON POLICY

Create, implement and review a whole of school physical literacy policy.

This fact sheet expands on the [Physical Literacy: Guide for Schools](#), providing more practical examples to help embed physical literacy in your school.

- Conduct focus groups and/or surveys with teachers, students, parents and local community providers to help inform the school's physical literacy policy.
- Incorporate the relevant aspects of the school's physical literacy policy into the school's strategic planning cycle.
- Ensure the school's physical literacy policy prioritises:
  - a whole school approach
  - development of diverse fundamental movement skills for students
  - environment and social settings that support students develop fundamental movement skills
  - equitable and inclusive practices in health and physical education, sport and physical activities
  - sport and physical activities are flexible, diverse and available to all students.
- Promote the physical literacy policy in the school newsletter and make it available on the school website.
- Get inspiration from the [Christ Church Primary School Physical Literacy Policy](#)

For more resources to support your school on its physical literacy journey, visit the [Sport Australia website](#).





## FOCUS ON ENVIRONMENT

Facilitate access to a variety of environments that encourage the development of physical literacy.

This fact sheet expands on the [Physical Literacy: Guide for Schools](#), providing more practical examples to help embed physical literacy in your school.

- Create play spaces that are:
  - undercover or shaded to allow for physical activity regardless of weather
  - colourful and eye-catching
  - synthetic to support physical activity for students of all abilities
  - multi-purpose for a variety of sports, games and activities, i.e. set up temporary tennis nets or portable soccer goals on a basketball court
  - creative with loose materials such as car tyres and crates provided. Donations of such objects could be provided by school families and local community members
  - promoted to students and identified on the school map.
- Provide pop-up play spaces to facilitate new play experiences. Encourage students to help identify opportunities.
- Create open spaces in classrooms allowing for movement during group work or cross-circular activities.
- Look for ways the natural environment promotes physical activity. This could include bike paths, walking tracks, large open spaces and outdoor fitness equipment.
- Ensure staff supervise active facilities, such as the gym or sports hall during breaks and provide guidance on how to use the facilities.
- Provide standing desks for students.
- Encourage greater participation, designate areas of the playground to various grade levels and provide equipment sets for each class.
- Seek funding for facilities and resources to support physical activity and sport.
- Ensure facilities are available and supervised before school, during recess/lunchtime and after school.
- Engage the art department and students to create eye-catching messages near active spaces that promote development of physical literacy and physical activity.
- Work with local council and transport authorities to change parking requirements and school drop off zones and create safe walking zones.
- Provide an equipment borrowing program that is managed by the students.

For more resources to support your school on its physical literacy journey, visit the [Sport Australia website](#).







## FOCUS ON HEALTH AND PHYSICAL EDUCATION

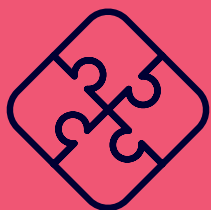
Provide a quality health and physical education program which encompasses physical literacy.

This fact sheet expands on the [Physical Literacy: Guide for Schools](#), providing more practical examples to help embed physical literacy in your school.

- Engage [Sporting Schools Plus providers](#) and [Sporting Schools providers](#) to deliver engaging programs that complement the health and physical education (HPE) curriculum.
- Present information from the Physical Literacy: Benefits for Schools resource in staff meetings and workshops to help teachers understand the importance of physical literacy and discuss how they can help.
- Regularly review the [HPE](#) curriculum to ensure the program continually improves.
- Celebrate the importance of the HPE learning area through national and/or state campaigns, such as [ACHPER's National HPE Day](#).
- Analyse student activity/movement time during lessons and across the school day. Apps such as [Time Motion](#) can be used to collect data.
- Support students to be active during HPE classes and reward classes who have all students participating.
- Incorporate activities from the [Playing for Life activity cards](#), [Yulunga Traditional Indigenous games](#) and [Nestle for Healthier Kids school program](#) to support the curriculum.
- Consider how [Sport Education](#) could be embedded within the HPE curriculum.

For more resources to support your school on its physical literacy journey, visit the [Sport Australia website](#).





## FOCUS ON CREATING AN INCLUSIVE CO-CURRICULAR PROGRAM

Provide a broad range of sports and physical activities that complement the curriculum and focus on developing physical literacy.

This fact sheet expands on the [Physical Literacy: Guide for Schools](#), providing more practical examples to help embed physical literacy in your school.

- Engage [Sporting Schools Plus providers](#) and [Sporting Schools providers](#) to provide co-curricular programs.
- Consider which local community sports can help deliver co-curricular programs before, during and after school.
- Recognise and celebrate student participation in co-curricular programs through assemblies, school newsletters and social media.
- Reward students with further opportunities to be active and enjoy movement, such as vouchers to local sporting providers, apparel and equipment stores, or tickets to sporting games and events.
- Encourage staff to contribute to co-curricular programs and provide rewards, such as free gym passes, fitness classes or vouchers for active apparel.
- Use a roster system with the student leadership team to help coordinate physical activity before school, during recess/lunch time, and after school.
- Offer year level and school wide physical activity excursions which allow students of different ages to participate together.
- Provide out of school physical activity opportunities that are accessible for all students. This may include bushwalking, surfing, rollerblading, beach volleyball, dancing, ice skating or indoor rock climbing. Also consider fun runs, triathlons, discos and local community fundraisers.
- Host events where students can explore different activities and find something they enjoy. This may include an amazing race to try different activities or a treasure hunt to discover and explore activities.
- Focus on active travel and conduct a [walkability audit](#).
- Consider embedding co-curricular initiatives such as:
  - [National Ride2School Day](#)
  - [Wakakirri](#)
  - [VicHealth's Walk to School program](#)
  - [Safe Cycle](#)
  - [iAIM 100km Club Model](#)
  - [Your Move](#)
  - [Way2Go](#)

For more resources to support your school on its physical literacy journey, visit the [Sport Australia website](#).





## FOCUS ON A CROSS-CURRICULAR APPROACH

Encourage all staff to engage in professional learning to develop physical literacy across all learning areas.

This fact sheet expands on the [Physical Literacy: Guide for Schools](#), providing more practical examples to help embed physical literacy in your school.

- Engage [Sporting Schools Plus providers](#) and [Sporting Schools providers](#) to help with physical literacy professional learning, classroom energisers and physical activity homework.
- Use information in the Physical Literacy: Benefits for Schools resource to conduct staff professional learning session/s.
- Add a physical literacy planning section in curriculum documentation and templates.
- Share and promote different ways that staff have successfully included physical literacy into their teaching and learning program.
- Leverage health and physical activity awareness campaigns to promote fun movement and physical activities throughout classes.
- Hold outdoor walking classes or standing lessons to break up extended sitting time.
- Encourage health and physical education teachers to create resources and professional learning for classroom teachers on active brain breaks and opportunities for physical activity.
- Ensure teachers provide effective [brain breaks](#).

For more resources to support your school on its physical literacy journey, visit the [Sport Australia website](#).







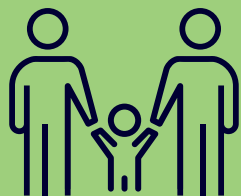
## FOCUS ON FAMILIES

Encourage families to help students develop physical literacy.

This fact sheet expands on the [Physical Literacy: Guide for Schools](#), providing more practical examples to help embed physical literacy in your school.

- Discuss students' physical literacy development at parent/teacher interviews and include an evaluation on their physical skills and fitness, psychological attitudes and emotions, social interactions, and cognitive understanding.
- Provide [tips for parents](#) in the school newsletter and promote information and ideas on developing physical literacy at home.
- Promote the value of physical literacy during school events, information nights and assemblies.
- Allocate a sub-committee of school council to include physical literacy development as a key priority area.
- Ensure a parent or carer is included in your physical literacy working group.
- Provide opportunities for families to give feedback on how to refine physical literacy initiatives throughout the school.
- Seek and support family involvement in coaching sporting teams, active excursions and physical activity sessions before, during and after school.
- Hold a cultural sporting evening where students and their families are invited to play sports that represent their cultural backgrounds.
- Promote sport voucher programs offered in your state or territory, such as:
  - [NSW: Active Kids](#)
  - [NT: Sport vouchers](#)
  - [QLD: Fair Play](#)
  - [SA: Sport Vouchers](#)
  - [TAS: Ticket to Play](#)
  - [WA: KidSport](#)





## FOCUS ON YOUR LOCAL COMMUNITY

Engage with a diverse range of community groups to enhance opportunities for students to engage in physical activity and develop their physical literacy.

This fact sheet expands on the [Physical Literacy: Guide for Schools](#), providing more practical examples to help embed physical literacy in your school.

- Engage with [Sporting Schools providers](#) to connect with local sports coaches/clubs and facilitate out of school opportunities for students.
- Promote local sporting clubs, physical activity providers and recreation centre opportunities to families through school newsletters, daily bulletins, assemblies and social media.
- Develop a directory of local sporting clubs, physical activity providers and recreation facilities and provide regular opportunities for them to connect to programs, conduct before, during and after school programs and participate in assemblies.
- Become a local community hub for physical activity participation and [share facilities](#) with local sport and physical activity providers.
- Encourage students who enjoy particular sports and physical activities to make direct contact with the appropriate local provider.
- Select games and sports for your health and physical education program that are played and supported in your local community.
- Invite community sport role models such as well-known athletes and coaches to speak about how they developed their passion for sport and what it means to them.
- Invite representatives from local sporting clubs, physical activity providers and recreation facilities to a morning tea/evening at the school where connections can be formed.
- Encourage shared facility use with local sporting clubs, physical activity providers and/or community groups.
- Work with outside hours school care providers and identify how they can contribute to developing a child's physical literacy.
- Liaise with local councils and state governments to develop safe play areas and active travel opportunities.
- Establish links with local feeder and partner schools to provide further physical activity initiatives.

For more resources to support your school on its physical literacy journey, visit the [Sport Australia website](#).

