



## 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](#).

