



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](#).

