



## 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](#).

