



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**



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