



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 [Australian Sports Commission website](#).