



FOCUS ON HEALTH AND PHYSICAL EDUCATION

Provide a quality health and physical education program which encompasses 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 deliver engaging programs that complement the health and physical education (HPE) curriculum.
- Present information from the Physical Literacy: Benefits for Schools resource in staff meetings and workshops to help teachers understand the importance of physical literacy and discuss how they can help.
- Regularly review the [HPE](#) curriculum to ensure the program continually improves.
- Celebrate the importance of the HPE learning area through national and/or state campaigns, such as [ACHPER's National HPE Day](#).
- Analyse student activity/movement time during lessons and across the school day. Apps such as [Time Motion](#) can be used to collect data.
- Support students to be active during HPE classes and reward classes who have all students participating.
- Incorporate activities from the [Playing for Life activity cards](#), [Yulunga Traditional Indigenous games](#) and [Nestle for Healthier Kids school program](#) to support the curriculum.
- Consider how [Sport Education](#) could be embedded within the HPE curriculum.

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

