PHYSICAL LITERACY: GUIDE FOR SCHOOLS

CULTURE, ORGANISATION AND ENVIRONMENT

<table>
<thead>
<tr>
<th>COMPONENT</th>
<th>KEY CHARACTERISTICS</th>
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</thead>
<tbody>
<tr>
<td>Leadership</td>
<td>Foster a culture that actively supports a whole-of-school approach to developing physical literacy.</td>
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<tr>
<td>Policy</td>
<td>Create, implement and review a whole-of-school physical literacy policy.</td>
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<tr>
<td>Environment</td>
<td>Facilitate access to a variety of environments that encourages the development of physical literacy.</td>
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CURRICULUM, TEACHING AND LEARNING

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<tr>
<td>Quality Health and Physical Education Program</td>
<td>Provide a quality Health and Physical Education program which encompasses physical literacy.</td>
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<tr>
<td>Inclusive Co-Curricular Program</td>
<td>Provide a broad range of sports and physical activities that complements the curriculum and focuses on the development of physical literacy.</td>
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<tr>
<td>Cross-Curricular Approach</td>
<td>Encourage all staff to engage in professional learning to develop physical literacy across all learning areas.</td>
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PARTNERSHIPS

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Families</td>
<td>Encourage families to help students develop physical literacy.</td>
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<tr>
<td>Local Community</td>
<td>Engage with a diverse range of community groups to enhance opportunities for students to engage in physical activity and to develop their physical literacy.</td>
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- Embed physical literacy in the school strategic plan, annual implementation plan and other applicable frameworks.
- Comply with mandated or recommended time allocation for Health and Physical Education, sport and physical activity.
- Support staff to attend professional learning for physical literacy.
- Role model a healthy and active life and encourage teachers and students to do the same.
- Promote physical activity, health and wellbeing messages to the whole-of-school community.
- Facilitate an environment where movement, physical activity and active play are valued and nurtured.
- Seek teacher, student and parent voice on how physical literacy can be developed throughout the school.
- Supports all aspects of physical literacy including the physical, psychological, social and cognitive development.
- Involve the wider school community in creating, reviewing and sharing the policy.
- Focus on the individual needs of students using a strength-based and student-centred approach.
- Incorporate the eight key components of Physical Literacy: Guide for Schools.
- Integrate best practice safety and inclusive principles.
- Include opportunities for staff to support students to use active travel to and from school.
- Provide access to all weather spaces, including indoor play spaces.
- Ensure school environment is well-maintained, safe and clean.
- Encourage supervisors to support active play and physical activity during yard duty.
- Taught by qualified Health and Physical Education teacher(s).
- Meet the state/territory and/or national curriculum requirements.
- Include evidence-based teaching and learning methods.
- Inclusive of a diverse range of learning styles and student interests.
- Incorporate a balance of non-competitive and competitive activities.
- Use a variety of formative and summative assessment methods providing relevant and timely feedback to students.
- Maximise student participation with 50% of practical classes including moderate to vigorous physical activity.
- Provide appropriate and sufficient equipment for all students to be active.
- Provide a variety of inclusive, competitive, non-competitive, team and individual sports and physical activities for students.
- Provide a variety of sports and physical activities before, during and after school.
- Support students to lead sport and physical activity initiatives at school.
- Recognise and reward students for participation and achievement.
- Promote a positive attitude towards the development of physical literacy.
- Support students to identify movement opportunities at school and in their local community.
- Incorporate the development of physical literacy into a range of curriculum areas at all year levels.
- Planning the development of physical literacy into curriculum, documents and practice to the same extent as literacy and numeracy.
- Provide professional learning opportunities and resources to staff to ensure physical literacy is incorporated into other learning areas.
- Encourage staff to be positive role models by leading healthy and active lives.
- Encourage staff to provide additional physical activities where appropriate.
- Promote the importance of physical education, sport and physical activity on academic, health and wellbeing benefits.
- Provide regular information and practical strategies to promote physical literacy and reduce sedentary behaviours at home.
- Promote the benefits of parents being role models in being physically active.
- Encourage parents to be involved in their child’s sport and physical activity.
- Promote the benefits of participating in a variety of inclusive, competitive, non-competitive, team, individual and recreational activities.
- Encourage inclusion of people from diverse cultural backgrounds to participate in sport and physical activities and encourage parents to share their culture and experiences where appropriate.
- Encourage families to communicate with teachers about their child’s physical literacy development and outcomes.

- Establish relationships with recreation centres, community sport and physical activity providers to strengthen physical activity opportunities.
- Encourage connections with local health agencies, organisations and businesses to support physical literacy initiatives.
- Advocate for safe play areas and active travel infrastructure.
- Enable access to school sporting facilities outside of school hours.
- Promote health and wellbeing initiatives and messages from the local community.