



**IPAN**  
INSTITUTE FOR PHYSICAL  
ACTIVITY AND NUTRITION



Transform-Us! is an approved partner of Sport Australia's Sporting Schools Plus Program. Transform-Us! is a free, online evidence-based program that provides schools and teachers with the resources to help get students moving more and sitting less in the classroom.

Deakin University CRICOS Provider Code: 00113B

# 1 Online Training and Resources

# 2 Implementation Costs

# 3 Workshops to Complement Online Training

- Transform-Us! Health Lessons
- Active Lessons
- Active Breaks
- Active Homework
- Active Environments
- Newsletters for Parents

## School grounds & classroom

- Physical activity equipment^
- Standing easels/desks
- Line markings



## Facilitated workshop with school leadership and teachers (2 hours):

- Understanding the psychological, cognitive and physical benefits of increasing physical activity.
- Develop skills, ideas and activities to deliver active breaks and active lessons in the classroom.

**Additional option 1**  
Pre and/or Post workshop consultation

**Additional option 2**  
Physical Literacy Framework

**Additional option 3**  
School environment audit

**FREE!**

**\$** Schools to source own providers+ **\$**

**\$** \$750.00 plus GST for workshop delivery  
*(extra cost for travel & related expenses based on school location)*  
Costs may vary for additional options\* **\$**

^Transform-Us! encourages the use of physical activity equipment rather than sports equipment, which is more appealing to both girls and boys and can be used inside and outside the classroom. Please visit our website for examples of active environment components (<https://transformus.com.au>)

+We do not provide nor endorse any recommended suppliers

\*The cost of additional options 1, 2 and 3, will need to be negotiated directly with Dr Bernie Holland, ACHPER Victoria Professional Learning Manager; email- [bernie.holland@achper.vic.edu.au](mailto:bernie.holland@achper.vic.edu.au); phone -0411 268 902. Please note: Consultancy rates are \$200.00 per hour