

# PHYSICAL LITERACY: GUIDE FOR SCHOOLS

SCHOOL AREA	CULTURE, ORGANISATION AND ENVIRONMENT			CURRICULUM, TEACHING AND LEARNING			PARTNERSHIPS	
COMPONENT	Leadership	Policy	Environment	Quality Health and Physical Education Program	Inclusive Co-Curricular Program	Cross-Curricular Approach	Families	Local Community
OBJECTIVE	Foster a culture that actively supports a whole-of-school approach to developing physical literacy.	Create, implement and review a whole-of-school physical literacy policy.	Facilitate access to a variety of environments that encourages the development of physical literacy.	Provide a quality Health and Physical Education program which encompasses physical literacy.	Provide a broad range of sports and physical activities that complements the curriculum and focuses on the development of physical literacy.	Encourage all staff to engage in professional learning to develop physical literacy across all learning areas.	Encourage families to help students develop physical literacy.	Engage with a diverse range of community groups to enhance opportunities for students to engage in physical activity and to develop their physical literacy.
KEY CHARACTERISTICS	<p>Embed physical literacy in the school strategic plan, annual implementation plan and other applicable frameworks.</p> <p>Comply with mandated or recommended time allocation for Health and Physical Education, sport and physical activity.</p> <p>Support staff to attend professional learning for physical literacy.</p> <p>Role model a healthy and active life and encourage teachers and students to do the same.</p> <p>Promote physical activity, health and wellbeing messages to the whole-of-school community.</p> <p>Facilitate an environment where movement, physical activity and active play are valued and nurtured.</p> <p>Seek teacher, student and parent voice on how physical literacy can be developed throughout the school.</p>	<p>Supports all aspects of physical literacy including the physical, psychological, social and cognitive development.</p> <p>Involve the wider school community in creating, reviewing and sharing the policy.</p> <p>Focus on the individual needs of students using a strength-based and student-centred approach.</p> <p>Incorporate the eight key components of this Physical Literacy: Guide for Schools.</p> <p>Integrate best practice safety and inclusive principles.</p> <p>Include opportunities for staff to improve their physical literacy as part of a staff wellbeing program.</p> <p>Ensure all students have the opportunity to be physically active at school every day and are not excluded from Health and Physical Education, recess and any other physical activities.</p> <p>Incorporate physical literacy into other relevant policies.</p>	<p>Provide access to a range of facilities and equipment that encourages physical activity before, during and after school.</p> <p>Design classrooms that encourage movement and physical activity.</p> <p>Provide adequate facilities for staff and students to use active travel to and from school.</p> <p>Provide access to all weather spaces, including indoor play spaces.</p> <p>Ensure school environment is well-maintained, safe and clean.</p> <p>Encourage supervisors to support active play and physical activity during yard duty.</p>	<p>Taught by qualified Health and Physical Education teacher(s).</p> <p>Meet the state/territory and/or national curriculum requirements.</p> <p>Include evidence-based teaching and learning methods.</p> <p>Inclusive of a diverse range of learning styles and student interests.</p> <p>Incorporate a balance of non-competitive and competitive activities.</p> <p>Use a variety of formative and summative assessment methods providing relevant and timely feedback to students.</p> <p>Maximise student participation with 50% of practical classes including moderate to vigorous physical activity.</p> <p>Provide appropriate and sufficient equipment for all students to be active.</p>	<p>Provide a variety of inclusive, competitive, non-competitive, team and individual sports and physical activities for students.</p> <p>Provide a variety of sports and physical activities before, during and after school.</p> <p>Support students to lead sport and physical activity initiatives at school.</p> <p>Recognise and reward students for participation and achievement.</p> <p>Promote a positive attitude towards the development of physical literacy.</p> <p>Support students to identify movement opportunities at school and in their local community.</p>	<p>Incorporate the development of physical literacy into a range of curriculum areas at all year levels.</p> <p>Planning the development of physical literacy into curriculum, documents and practice to the same extent as literacy and numeracy.</p> <p>Provide professional learning opportunities and resources to staff to ensure physical literacy is incorporated into other learning areas.</p> <p>Encourage staff to be positive role models by leading healthy and active lives.</p> <p>Encourage staff to provide additional physical activities where appropriate.</p>	<p>Promote the importance of physical education, sport and physical activity on academic, health and wellbeing benefits.</p> <p>Provide regular information and practical strategies to promote physical literacy and reduce sedentary behaviours at home.</p> <p>Promote the benefits of parents being role models in being physically active.</p> <p>Encourage parents to be involved in their child's sport and physical activity.</p> <p>Promote the benefits of participating in a variety of inclusive, competitive, non-competitive, team, individual and recreational activities.</p> <p>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.</p> <p>Encourage families to communicate with teachers about their child's physical literacy development and outcomes.</p>	<p>Promote participation in community physical activities.</p> <p>Establish relationships with recreation centres, community sport and physical activity providers to strengthen physical activity opportunities.</p> <p>Encourage connections with local health agencies, organisations and businesses to support physical literacy initiatives.</p> <p>Advocate for safe play areas and active travel infrastructure.</p> <p>Enable access to school sporting facilities outside of school hours.</p> <p>Promote health and wellbeing initiatives and messages from the local community.</p>