



STRATEGIC DIRECTIONS

2020 TO 2030

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PLAY

VALUE

CONNECT



WHO WE ARE

School Sport Victoria, as part of the Department of Education and Training, delivers an extensive school sport program to primary and secondary students across Victoria.

Through our **interschool sport program**, in partnership with State Sporting Associations, we provide opportunities for students to represent their school across a wide range of individual and team sports.

As a member of School Sport Australia, we provide opportunities for students to represent Victoria, under the banner of **Team Vic**, across various sports to compete at School Sport Australia Championships.

We deliver the **Victorian Teachers' Games**, a unique annual event that aims to bring the community of educators together for multiple days of sport and social activities.

Our extensive communication and social media channels inform the school sport community of participation opportunities, celebrate the achievements in school sport and demonstrate the value of sport to engaging and developing students and schools.

We work collaboratively with partners across community, state and elite sporting organisations to support the delivery of our school sport opportunities, connect school and community sport pathways for students and provide opportunities for students facing additional barriers to participate. We also work with sector partners to collaborate on ways to engage children and young people in physical activity and sport.



*State Cross
Country
Championships*

PLAY

VAL



OUR HISTORY

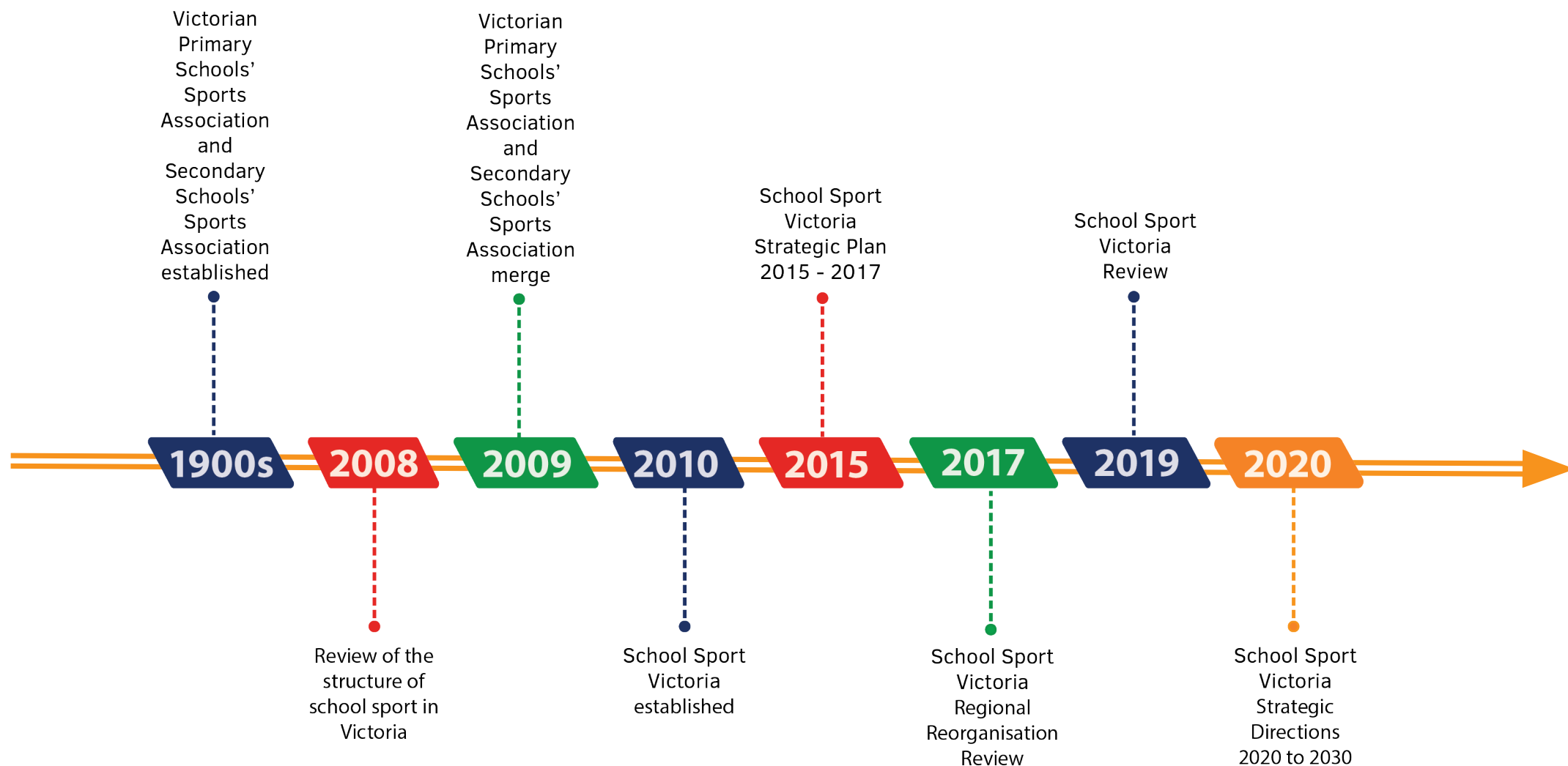
Mentone Girls Secondary College Victorian Secondary Schools' Sports Association (VSSSA) Year 10 - 12 Girls Australian Football State Champions, 2004, 2005, 2006

School Sport Victoria was established on 1 January 2010 following the merger of the Victorian Primary Schools' Sports Association (VPSSA) and the Victorian Secondary Schools' Sports Association (VSSSA) that occurred during 2009.

For over 100 years these two associations provided an ongoing interschool sport program for students in Victorian schools (government and non-government primary schools and government secondary schools).

In 2020, School Sport Victoria celebrated its 10th anniversary.

OUR HISTORY





Celeste Mucci (Maribyrnong College) leading the 100m Hurdles final. Celeste went on to represent Australia in the 2018 Commonwealth Games

OUR FUTURE

This **10-year strategy** aims to provide a clear future direction for School Sport Victoria to address future challenges and opportunities in engaging more Victorian students in school sport.

It includes **5-year priorities and strategies** to align with the timeframes of current Victorian Government targets across education, sport and health policies.



OUR CONTEXT

School sport in Victoria

School is often where children play a sport for the first time.

School sport is usually played within designated school hours – often involving formats appropriate for age, skill and ability, which have been developed by a recognised sporting organisation – with a focus on student learning and development.

School sport has an important role in supporting a whole of school approach to physical activity and physical literacy of all students.

School sport is different to community sport in that it:

- » Provides an opportunity to connect with every child and young person in Victoria.
- » Is facilitated with a focus on students' learning outcomes through sport.
- » Enables students to participate with their peers – building on existing social connections and friendships developed at school.
- » Often provides students their first experience to play sports, to develop confidence and interest to continue playing outside of school.

School sport can be played at different levels and provides a pathway for students to develop their skills and abilities:

- » **During physical education classes** – involves sport as a way to deliver the Health and Physical Education curriculum.
- » **Sport education programs** – students learn and experience playing sports to develop their understanding, skill, confidence and competence, through programs which may be delivered by external providers.
- » **Intra-school sport events** – where all students in a school participate in a sport or activities, such as swimming carnivals.
- » **Interschool sport** – students represent their school in events and competitions to play against students from other schools.
- » **Inter-state school sport** – students represent Victoria in team and individual sports at national school sport championships.



Team Vic vs Western Australia at the School Sport Australia Hockey Championships

PLAY

VAL

PARTICIPATION IN A
SPORT AT SCHOOL MAY ENCOURAGE
STUDENTS TO CONTINUE
ON TO REGULAR SPORT
OUTSIDE OF SCHOOL,
THROUGH A COMMUNITY
SPORTING CLUB OR
JUNIOR PROGRAM.



OUR CHANGING WORLD

School Sport Victoria needs to address key future challenges and opportunities that will influence the continued provision of quality school sport to Victorian students.

Addressing the decline in children's health

There continues to be a steady decline in children and young people's physical activity, mental health and sport participation in Australia.

- » Obesity - 1 in 4 children are overweight or obese – this expected to rise to 1 in 3 by 2025 ^{1,2}
- » Mental wellbeing - 1 in 4 young Australians experience a mental illness every year ³
- » Physical activity - 3 in 4 Australian 5-12 year olds don't get 1 hour of daily physical activity and 9 in 10 Australian 13-17 year olds don't get 1 hour of daily physical activity ⁴
- » Fitness and skills – some children are unable to perform basic fundamental movement skills ⁵
- » Sport participation - around 1 in 4 Australian children 0 to 14 years of age don't participate in some form of organised sport or physical activity outside of school hours at least once a year. ⁶

A key opportunity is for School Sport Victoria's future purpose, goals and strategies to address these growing, system wide issues.

Health and
Physical
Education (HPE)



Develop
fundamental
skills
(eg; throw,
shoot, catch)

Sport Education



Build
understanding
and experience
in playing sports
(eg; NetSetGO)

School Sport



Experience in
playing sports to
refine skills and
game play
(eg; school netball)

Community Sport



Opportunity
for regular
participation in
junior sport
(eg; junior netball)

UE

CONNECT

OUR CHANGING WORLD

*Australian Football
Region Gala Day*

Meeting changing preferences in sport participation

The way children and young people engage with sport is changing – with a shift in focus from playing sport to win, to **playing sport to keep fit**.

- » Emotional drivers - children 5-10 years seek the **emotional aspects** of playing sport (having fun, being with friends, not being bored).⁷
- » Social belonging - 10-15 year olds **seek places of belonging** socially (feeling part of a team/group, enjoying the social element).⁷
- » Different ways to play sport - sports have developed different formats, alongside the traditional, competitive formats, including:
 - Junior / modified programs that emphasise **participation and fun**.⁸
 - Social sport programs which **focus less on competition** and more on participation.⁹

A KEY OPPORTUNITY IS FOR SCHOOL SPORT VICTORIA'S FUTURE
SCHOOL SPORT OFFERINGS TO SUIT THE CHANGING
NEEDS OF CHILDREN AND YOUNG PEOPLE'S PARTICIPATION IN SPORT



OUR CHANGING WORLD

Ensuring school sport is financially sustainable

School Sport Victoria faces **increasing financial pressures** in delivering quality school sport to a growing population of Victorian schools and students.

- » Costs are increasing - rising costs in school sport are driven by **growth in participation** and growing event delivery costs. For example, venue hire represents a significant cost to delivering school sport, and venue hire rates are increasing.¹⁰
- » Capacity pressures to meet demand - current capacity is struggling to **keep up with future demand** - 100 new schools are expected to open between 2019 and 2026 and the current network of SSV Coordinators face growing time and capacity pressures to deliver school sport.¹⁰



OUR POLICY CONTEXT

School Sport Victoria recognises the important contribution school sport can make in delivering on Victorian Government priorities and targets – in particular across education, sport and health.

A significant priority across these three portfolios is to get more Victorians more active more often.

There is a high proportion of children and young people not meeting physical activity recommendations to benefit their health and increasing rates of childhood overweight and obesity.

Sport participation also contributes to improving mental wellbeing and resilience – alongside improving social interaction, fun and enjoyment, relief of tension, self-expression, achievement and building confidence.



The Education State

The Education State is about achieving excellence and creating opportunities for Victorian students in all aspects of their education.

School sport is integral to supporting the achievement of the Education State targets, in particular **happy, healthy and resilient kids** and **pride and confidence in our schools**.

MORE PHYSICALLY ACTIVE STUDENTS HAVE BEEN FOUND TO ACHIEVE BETTER ACADEMIC RESULTS. PHYSICAL ACTIVITY HAS BEEN POSITIVELY LINKED TO CONCENTRATION, MEMORY AND BEHAVIOUR.

PLAY

VAL

OUR POLICY CONTEXT

Sport 2030

(SPORT)

Reduce inactivity amongst Australians by 15% by 2030.

Victorian Public Health and Wellbeing Plan

(HEALTH)

Increase in sufficient physical activity prevalence of adolescents by 20% by 2025

Active Victoria

(SPORT)

Increase the number of adolescents doing sufficient physical activity by 20% by 2025.
Improved physical literacy and levels of physical activity of Victorian students.

Education State

(EDUCATION)

Increase proportion of students doing physical activity for an hour a day, five times a week, by 20% by 2025.

OUR AMBITIONS

Our Purpose

- » We develop young people through school sport.
- » We support schools to maximise opportunities for all students to play sport.

Our Goals

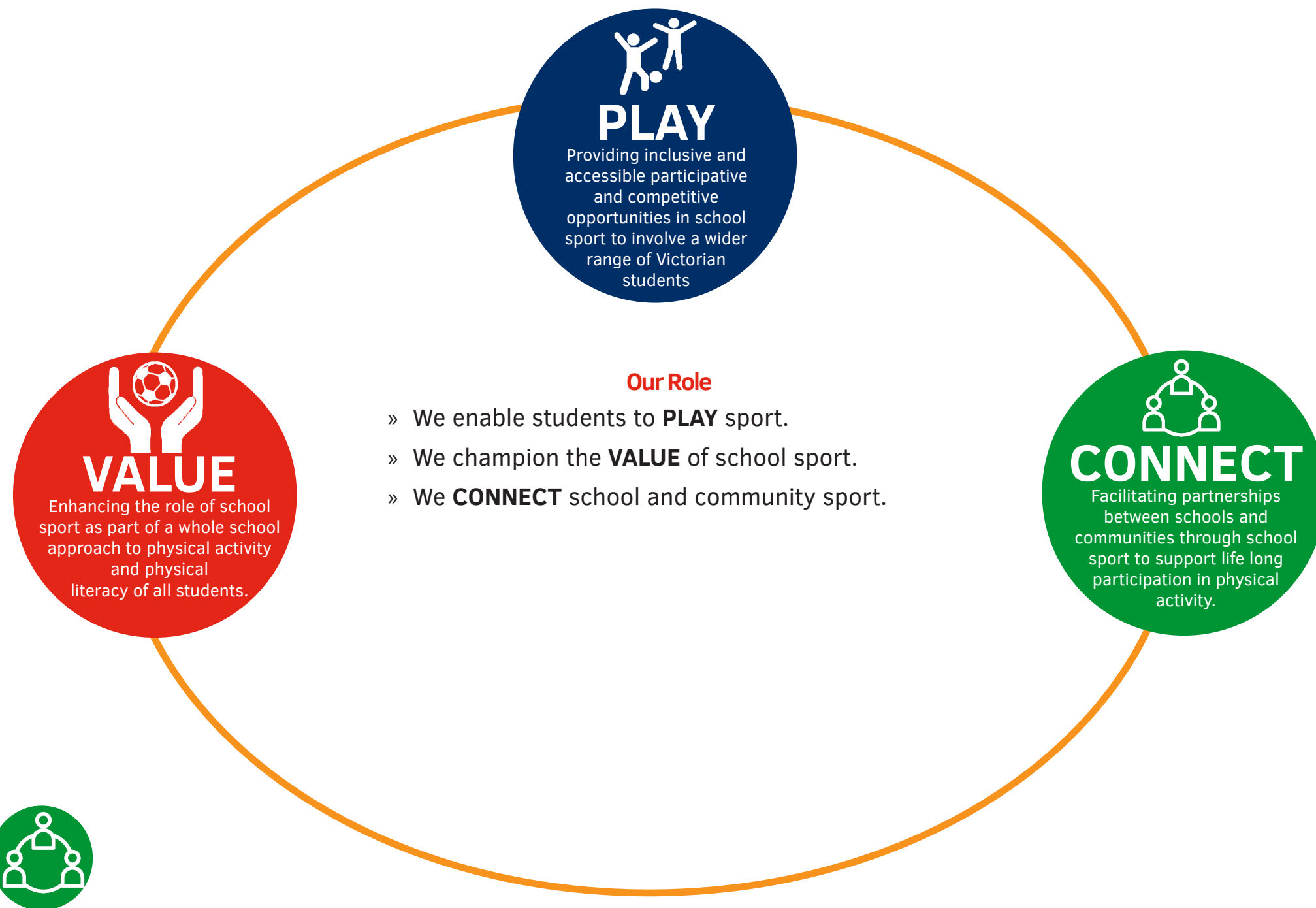
By 2030:

- » 800,000 school sport participation opportunities are provided to Victorian students each year, by 2030.
- » 450,000 Victorian students participate in school sport each year.

Our Objectives

- » **Education** – to improve academic performance by engaging students in physical activity through school sport.
- » **Health** – to instil lifelong habits that lead to healthier lives, including mental, social and physical health.
- » **Inclusion** – to create equitable opportunities for anyone to participate in school sport at every skill level.
- » **Leadership** – to drive the narrative for the benefits of school sport and embed it within the government's policy intent.
- » **Talent** – to support the development of the next generation of athletes.





OUR 5-YEAR PRIORITIES AND STRATEGIES (2020 TO 2025)

Our **5-year priorities and strategies** align with the timeframes of current Victorian Government targets.

The following key insights into children and young people's physical activity and sport participation have informed our priorities to grow school sport participation over the next five years.

INSIGHTS

School is the only opportunity for some children to play sport

Around 1/4 of children 0 to 14 years of age don't participate in organised sport or physical activity outside of school hours at least once a year.¹¹

Developing skills is key to supporting life-long physical activity

Developing children's physical, psychological, social and cognitive abilities (physical literacy) is important to supporting life-long physical activity.¹²

Younger children seek fun, skill development and playing with friends

Younger children (5 to 10 years) want to play sport that is focused on fun, skill development, personal achievement and playing with friends.¹³

PRIORITIES

Enabling **students of all abilities** and those from **low socio economic areas** to participate in a variety of sports which are integrated within school sport pathways.

Engaging **primary school students** (9 to 13 years) to participate in a variety of sports, to build foundation skills, concentration, confidence and enjoyment.

Year 9 is a critical year to keep young people engaged in sport and school

Sport participation drops significantly from the age of 15 years – aligned with sports focus on ability, skill display and competition – and NAPLAN results are stagnant. ^{14,15}

Some students are put off by the pressure to perform and win

Young people (teenagers) are motivated by fitness, social experiences and skill development, while sport offered to them is often focused on ability, skill display and is often competition. ¹³

Keeping girls engaged in sport is important for their development

Girls' participation in community sport is less than that of boys. ¹⁴

Developing athletes' wellbeing supports better performance

Athletes' mental health and wellbeing is critical, alongside their physical capabilities, to perform at their best. ¹⁶

Retaining **secondary school students** (12 to 18 years) in sport, through competitive and social formats, to support social belonging, resilience, leadership and academic learning.

Encouraging **girls** to participate in sports which are inclusive and leverage existing social friendships.

Enhancing the development of students' athletic abilities, leadership and wellbeing through **talent pathways**.



SSV State Swimming Championships





Kew High School competing at an interschool sport volleyball competition.



SCHOOL SPORT VICTORIA 5-YEAR STRATEGIC DIRECTIONS

PLAY

Providing inclusive and accessible participative and competitive opportunities in school sport to involve a wider range of Victorian students.

Maximising participation

- » Enable participation in a **variety of sports**, including providing **social/non-competitive alongside competitive** sport formats.
- » At primary school student level, have a particular focus on **fun, skill development and building confidence**.
- » Have a focus on **reducing the drop off** in sport participation **amongst teenagers**, through providing participation focused sport opportunities alongside competitive sport formats.

Reducing inequality

- » Continue to grow **multi-class** school sport opportunities available to engage students of all abilities.
- » Ensure an inclusive environment to **encourage girls** to take up and continue to play sport.
- » Develop innovative solutions to **reduce barriers** to participation by schools and students, including **those less active** and from **low-socio economic areas**.

Linking pathways

- » Provide ways for students to participate in school sport **on and off the ground, field or court**.
- » Focus on the **development of talented students** aspiring to participate in representative teams.
- » **Align pathways** in junior sport with community, state and national sporting organisations – both at grassroots and talent pathways.



VALUE

Enhancing the role of school sport as part of the Victorian education system to promote physical activity and physical literacy of Victorian students.

Enabling schools

- » Act as the **system steward and voice** for school sport to promote participation within and across primary and secondary schools.
- » Empower principals to **prioritise sport** in enhancing the role of school sport.
- » Provide support to increase **teachers' confidence** in promoting school sport to students.
- » Utilise school sport to enable delivery of **Victorian Education policy**.

Developing students

- » Listen to **students' advocacy for, and agency in** school sport to maximise participation.
- » Develop students' **physical literacy** including recreational and competitive sport.
- » Create **community conversations** about the value of school sport.

Celebrating and embedding value

- » Celebrate student, teacher and school **achievement** in school sport.
- » Develop supportive **policies** that enable inclusive participation in school sport opportunities.
- » Build **collaboration** across education, sport and community.



ES (2020 TO 2025)

UE

part of a whole school approach to all students.

sport, influencing the provision of quality sport on secondary schools.

ing a school culture of learning.

ce in delivering quality sport education to their

an Curriculum and the Physical and Sport

, informing the design and delivery of school sport

cognising the holistic, long term benefits of school

ue of sport to students' health and wellbeing.

ments in school sport.

e, accessible, fair and regular school sport

health stakeholders to enhance school sport.



CONNECT

Facilitating partnerships between schools and communities through school sport to support life long participation in physical activity.

Collaborating with partners

- » **Align school sport formats** with community offerings to support ongoing participation through community sport.
- » Work with strategic partners to **better align intra-school programs and resources** with interschool sport opportunities.
- » Influence local councils, community sporting clubs and facilities to increase **affordable, suitable and prioritised access to places** to play school sport.

Engaging enablers and deliverers

- » **Engage with parents** to enhance their child's experience in sport and encourage ongoing participation.
- » Engage a dedicated **workforce to deliver** a quality and consistent school sport experience for students.



OUR STRATEGY

GOVERNMENT PRIORITIES

Victorian Public Health and Wellbeing Plan / Framework

Active Victoria

Education State

OUR PURPOSE: We develop young people through school sport. We support schools to maximise opportunities for all students to play sport

OUR GOALS: By 2030:

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OUR OBJECTIVES

- » **Education** – to improve academic performance by engaging students in physical activity through school sport
- » **Health** – to instil lifelong habits that lead to healthier lives, including mental, social and physical health
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PLAY



VALUE



CONNECT

OUR BENEFITS

- » Enhance student and school experience
- » Increase participation
- » Deliver clear value through school sport programs
 - » Embed being 'active for life'
 - » A strong voice representing school sport
- » Improve connectivity with the sports system
- » Efficient and financially sustainable delivery

OUR PRINCIPLES

- » Active for life
- » Inclusive and diverse
- » Affordability
- » Student centred
- » Enable principals
- » System stewardship
- » Integrated pathways
- » Connected and coordinated

OUR VALUES

- » Responsiveness
- » integrity
- » Impartiality
- » Accountability
- » Respect
- » Leadership
- » Human Rights

PLAY

VAL



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Education
and Training

STRATEGIC DIRECTIONS

2020 TO 2030

*Balwyn High School competing
in the 2015 Hockey State
Championships*

