

Testimonials from Principals and Teachers

Since our school introduced a sport focus in 2007, we have seen significant change in our students and how they conduct themselves around the school. Through sport they have learnt to be a team player, to accept responsibility, to learn about time management, organisation and goal setting. Our school's academic results and attendance records have shown significant improvement.

Sarah Burns, Principal, Mornington Secondary College

The diverse students at Reservoir crave physical activity. Their needs, their enjoyment, their measured improved fitness levels and enthusiastic participation are clearly evident as they join the simple but beneficial activities provided: As well as the essential Physical Education lessons, a jog around the basketball court in between class lessons stimulates their capacity to concentrate. Walking the "block" (one kilometre) at the beginning of the day activates and broadens their enthusiasm for the day ahead. The benefits of friendly, physical activity provide many opportunities to meld our children from thirty-five different nations into one cooperative body of healthy learners.

Helen Snookes-Miller, Principal, Reservoir Primary School

Regular, consistent and sustained physical activity for all children is extremely important at Apollo Parkways Primary School as it should be in all primary and secondary schools. Physical education programs in schools directly benefit students' physical health and wellbeing. Through improved fitness and a healthy lifestyle I have witnessed students develop better concentration, improved cognitive performance and greater connectedness to school and peers.

Lindsay Reeve, Principal, Apollo Parkways Primary School

There is much to be gained from participating in physical activity and the Sport Education programme at McKinnon Secondary College. Students enjoy an increased connectivity and a sense of belonging to the school community. It is why some students actually come to school. Showcasing sporting success through general assembly, the newsletter, in the Sporting Hall of Fame and Sporty Stars gives students a platform to shine. Through this engagement, sport builds healthy relationships with peers and teachers. Teachers report that the students improved fitness equates to a more receptive mind to learning, better concentration, organisation and communication skills in the classroom. Sport teaches team work, resilience, problem solving, time management, responsibility. Physical activity and a good sport program changes lives. They are such crucial parts to every child's education.

Carole Hooper, Sports Coordinator, McKinnon Secondary College



Key Benefits of School Sport and Physical Education:

confidence self esteem achievement
team work goal setting exercise
helping others focus problem solving
respect discipline **behaviour**
coaching mentoring perseverance
enjoyment **leadership** engagement
fitness attendance academic results
concentration responsibility **pride**
motivation **social skills** role model
organisation skills communication
healthy diet **inspiring**

For further information visit
www.ssv.vic.edu.au
or contact SSV on 03 9488 9466.



School Sport and Whole School Improvement

Quality school sport and physical education are key elements in providing all Victorian students the opportunity to become healthy and successful learners. There is a growing body of evidence both in Australia and worldwide to support the theory that quality sport and physical education is an important tool in whole school improvement.

"Physical activity is important to the health, physical and psychological development of all children, particularly in the 21st century and beyond. Cultural and social changes are resulting in a more sedentary life style for many young people. Schools play a significant role in developing attitudes towards physical activity and sport that may last a lifetime."

Professor Richard Telford, College of Medicine, Biology, and the Environment, Australian National University. The LOOK Project (Lifestyle of Our Kids 2005-2009)

For additional research, refer to
www.ssv.vic.edu.au/advocacy





Regular school sport and physical education have been identified as key contributors to:

- **Engaging students** in schooling.
- Improved fitness levels leading to **improved focus and concentration** for longer periods of time.
- Regular physical activity is beneficial for **improving cognitive function** in the classroom.
- Fitter children achieve **higher academic scores**.
- Studies show a positive link between participation in sports programs, physical fitness and **improved school attendance**.
- Physical activity can impact positively on mental health through **enhancing self esteem, emotional well being and future expectations**.
- Individuals who participate in organised sport demonstrate **lower rates of anti social behaviour**.

For additional research, refer to www.ssv.vic.edu.au/advocacy

School Sport Victoria provides the opportunity for schools to engage in interschool and interstate sport as well as providing opportunities for teachers to participate in professional development and undertake leadership roles.

Does Your School Consider Sport and Physical Education as Integral to Whole School Improvement?

- Does your school provide a quality Sport and PE program?
- Does your school allocate a teacher(s) to manage / oversee the program?
- Does your school achieve the DEECD time allocation for Sport and PE?
- Does your school promote and celebrate the program or student sporting achievements at assembly or through the newsletter?
- Does your school acknowledge the physical, cognitive and social benefits of providing a quality Sport and PE program?

Time Allocation for Sport and Physical Education

The mandated time allocation for physical and sport education in years P-10 in government schools is:

YEARS P-3	20-30 minutes per day of physical education
YEARS 4-6	3 hours per week of physical education and sport with a minimum of 50% for physical education
YEARS 7-10	100 minutes per week of physical education and 100 minutes per week of sport

How to Advocate for Quality Sport and Physical Education in Your School?

- Ensure all stakeholders understand the value and benefits of sport and physical education.
- Stakeholders include all staff, principal, students, parents, school council, local clubs and local media.
- Be able to list a number of academic, health and social benefits for children who are physically active.
- Be aware of at least 5 examples where physical activity and sport have brought about improvements in students at your school. These could include attendance, behaviour, concentration.
- Organise a regular column in the school newsletter and local media to promote school sport events.
- Ensure the physical education and sport program is featured on the school web site and in school promotional material.

“The relationship between fitness and academic achievement is likely to be due, in part, to a positive correlation of attitudes towards these two characteristics by school principals and the teaching staff.”

Professor Richard Telford, ANU, LOOK Project 2005-2009.