CONTEXT

- Located on Regency Road, Prospect
- R – 7 School
- PE and Art Specialist Subjects
- Approx. 180 enrolments in 2009 increasing steadily to 220 enrolments in 2011.
- In 2011 42% of students are ESL
- 6% of students are Aboriginal
- Category 3 school
- Formerly known as Blair Athol Primary in the Northern District, now known as Prospect North Primary in the Eastern District.
- Lots of staffing changes over 2 years; A new counsellor employed in 2010, the past two years has seen an increase in permanent staff from 6 to 13.
IN THE BEGINNING...

- 2008 saw a major 3.4 million dollar whole school redevelopment
- Redesigned our school play yard
- A year with no sports day
- How do we utilise this new yard space, increasing physical activity?
- How do we decrease yard behaviour incidents?
THE FOCUS: Activity and Wellness

How can we create a safe and active yard?

How do we utilise this play space, getting students active?

Where are the problem areas in the yard?
In 2009 we became part of the Eat Well, Be Active Government Initiative.

Established a strong support team including leadership, teaching staff, Governing Council Representative, and students through an EWBA action team.

Used the *Health Promoting Schools Framework* and the *DECS Healthy Eating and Physical Activity Performance Indicators* to address and review our priority issues.

In 2010 ‘The Driving Force’....new staff, Skye the counsellor and Amber the PE teacher formed a Well Being Committee. With guidance and support from Julie began to implement changes.
Health Promoting Schools Framework

- Curriculum Teaching and Learning
- School Environment and Ethos
- School Community Links

Refer to static display for our Eat well be active whole school plan and DECS Healthy Eating and Physical Activity Performance Indicators Rubrics
THE YARD PLAN.....

Support increased activity and decrease behaviour incidents by:

- Assess the usage of the school yard in terms of activity levels and problem areas
- Gather data using the triangular approach to data collection; surveys, anecdotal, photos
- Skill Teachers and Students in Personal & Social Responsibility through Physical Activity using ‘Play is The Way’ approach
- Create a student Action Team to lead lunchtime activity programs and monitor play time sports equipment
- Encourage maximum participation from students
- Put in place new JP and P play equipment including playgrounds, sandpit, rebound wall, new turf on the playing field, basketball and netball courts, new yard markings, targets on the gym wall and a new gymnasium.
- Encourage positive play rewards system already in place
WHAT ELSE WAS GOING ON?

- Redevelopment near completion
- Whole School Events focusing on health and wellbeing including; The Premiers Be Active Challenge, Adidas Fun Run Fundraising event, walk around Australia, Whole School Health Hustle, and Jump Rope for Heart, just to name a few.
- Programming now including; Two specialist PE Teachers implementing coherent curriculum, Whole school Friday Be Active Program set up using the ‘Curriculum Articulation for Physical Education K-12 Model’, class fitness programs and activity boxes
- Extra curricula programs including; sports clinics and carnivals, District Athletics, PE Week, Footsteps, Aquatics, and Auskick.
Back to our Focus...Activity and Wellness

Can we create a safe and active yard?

Yes, we can!

Through a whole school approach from students, parents and staff to increase activity in all areas of the school yard and learning about cooperative play has led to an increase in activity in the yard and a decrease in yard incidents.
The Eat Well Be Active Action Team

• Consists of 11 students from years 4-7, including House and Vice Captains.
• We all have various roles and responsibilities to do with health and wellness
• We work together as a team, meeting regularly during the term.
• At the beginning of the year we followed the FIT TO LEAD program
• We have action team planning, reflection, and reporting each term.
• Vice and House captains train younger team members during lunch time activities

Declan
Our yard used to be...

• A year with no sports day 2008
• A very small yard with no courts
• No gym
• Limited and hard to access equipment
• Dangerous; any existing asphalt was bumpy and cracked
• Simple JP playground
• Wooden UP playground, dangerous with splinters
• There wasn’t much to do, it wasn’t very exciting
• We had to try to make our own fun, sometimes it was boring

Neisha and Finn
Our yard before the redevelopment......
A snapshot of our yard during the redevelopment......
Action Team...What we do

• **Be Active...**
  - Lunchtime Activities for JP, MP and P (Tues & Thurs)
  - Friday Be Active, set up and pack up sports equipment
  - Monitor sports equipment in Yard sports bins and Class sports bins, report and award at assembly
  - Daily sports orders for classroom activities
  - Run a whole school Health Hustle
  - Sports day health hustle and whole school stationed activities
  - Monitor, record and report on ‘Run around Australia’
  - Adidas Fun Run Fundraiser
  - Create safe and active environment

• **Eat Well...**
  - Nude Food Day
  - Crunch and Sip
  - Random lunchbox Checks/Awards

• **Both...**
  - Talking at school assemblies
  - Give awards
  - Student surveys, collecting data
  - Sports Day
  - Fundraising
  - Promote upcoming events (posters etc.)

Kitty and Neisha
Our new yard...
Lunchtime activities......
Now our yard is.....

- A safe place to be
- Abundance of available sports equipment
- A new gym and activity room
- Busy with lunchtime activities and Be Active
- Organised
- More students participating in Activity
- A variety of sports and activities on offer
- An fun and enjoyable place to be
What we have learnt

• Managing a group of students from ages 5-13
• Teach new skills/sports
• Time management
• Responsibility
• Leadership
• Confidence
• Public speaking
• Patience
• Encouragement
• Persistence

Kitty and Declan
WHERE TO NOW??

Yard/Equipment Development

- New garden/imaginative play area
- Extension of existing junior primary playground
- Install new goals
- Targets
- Gymnastics equipment
School/ Community Development

• Consistent whole school activities/events
• Brain break activities in the classroom
• Sporting clinics
• Interschool competitions
• Training and development around skill acquisition and fundamental movement skills
• Include more parents and local community in our program
• More parent info workshops
• Continue to re-asses and improve our practice
• Develop and implement whole school health and physical education curriculum policy
Thankyou