

Active Schools Case Study

Spring Parks Primary School

Key Priority Area: Active Classrooms

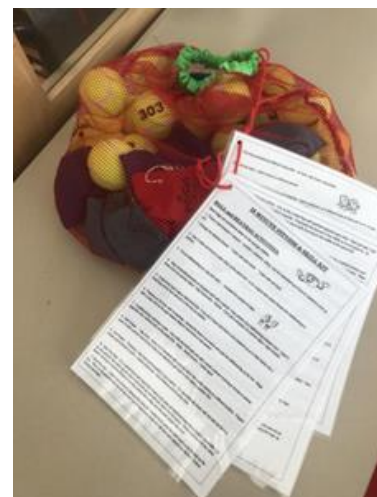


School Overview:	Spring Parks Primary School is a dual campus primary school located in Springvale, with a rich multi-cultural diversity. Low participation in community sport is a major concern, but the school is always striving to improve the Physical Education, Sport and recreational programs and opportunities offered to the students with a strong focus on supporting happy, active and healthy students.
Project Goal:	To increase opportunities for students to engage in active recreation and to be active with their classroom teachers by improving the school's physical environment and resources. To continue to focus on improving student wellbeing and engagement by supporting teachers to run active breaks and assist students to be more active and connected with local community sports.

At Spring Parks Primary School, both campuses have an abundance of outdoor space and two Physical Education teachers who deliver fun and inclusive sport and PE programs. Improving student wellbeing, engagement and physical activity levels throughout the school day has always been a priority of the school.

To increase activity and movement, the Physical Education staff encouraged teachers across the whole school to get active with their students. Using the Active Schools Grant, all classroom teachers were supported to deliver active classroom breaks through the promotion and distribution of classroom "Fit Kids Kits".

The Physical Education staff promoted the many benefits of active classrooms and purchased extra sports equipment and items for these classroom kits. Beanbags, skipping ropes, tennis balls and various modified sports/games equipment were included. The kits were distributed to all classroom staff along with a laminated booklet that included descriptions of over 70 different activities that they could play with their students. To compliment the kits and further increase the knowledge and confidence of staff, the PE teachers upskilled everyone on simple activities that could be used as brain breaks or as mini fitness and skills sessions. The F - 2 teachers who use the kits on a regular basis for brain breaks have particularly noticed improved classroom engagement, focus and alertness as well as increased productivity and enhanced comprehension.



Active School Strategy	Impact
Equipment – Purchase equipment suitable for classroom activity kits (beanbags, skipping ropes, tennis balls etc.) and attach list of 70+ activities staff can play with their students.	<i>The year 1/2 teachers feel having the active breaks reduces disinterest and poor choices. Students are more focussed and alert. They have observed increased productivity and enhanced comprehension. "Our children play very little community sport, so we are always educating them on the benefits of being active". (PE Teacher)</i>
Resource Development – Research, review and produce a comprehensive activity/game resource to support classroom teachers to deliver active breaks during the day.	<i>The teacher resource booklet has increased teacher confidence to engage their students in more regular physical activity and movement breaks. The Grade 1/2 teachers have particularly embraced regular breaks and feel having active breaks creates a more positive classroom environment.</i>
Professional Development – Organise and deliver a whole school staff PD on 'How to Use Fit Kid Kits with your class.'	<i>The staff engagement in the PD session provided an opportunity for collaboration and sharing ideas. The Grade 3/4 teachers use the kits more often and teach a 1 hour weekly recreational games session with their students.</i>