



SHOWCASE PAGES

The following 'Showcase Pages' highlight practical, real-life examples of what is currently being done at the national and state and territory level to facilitate and promote physical activity for all, and provide details of where to find more information.

With the theme of this year's Report Card focussing on 'Physical Literacy' and 'lifelong activity for all' the pages have been developed to showcase current, innovative and inclusive programs, policies, campaigns or initiatives that promote and facilitate ways in which all children and young people can be physically active for life.

In an effort to engage Government in the development and communication of the 2016 Report Card, AHKA invited the Minister for Health in each state and territory, as well as the Federal Minister for Health, to coordinate the Showcase Page for their relevant region. We were delighted to have all Ministers for Health at the State, Territory and Federal level agree to assist in coordinating the content for their relevant Showcase Page.

Active Healthy Kids Australia encourage Australians to engage with some or all of the initiatives showcased in their region as they provide ways in which all Australian children and young people can incorporate more physical activity into their lives daily

For future Report Cards AHKA is interested in hearing from individuals, organisations, government representatives, communities etc. who are involved with a program, policy or initiative at the national or state/territory level that could be featured in future 'Showcase Pages'. For more information please contact Dr Natasha Schranz (AHKA Research Fellow) via email AHAK@activehealthykidsaustralia.com.au



Author:

The Hon Sussan Ley MP, Minister for Health and Aged Care, Minister for Sport,
The Australian Government - Department of Health



Girls Make Your Move

Launched in February 2016, The Girls Make Your Move campaign was developed by the Australian Government to raise the levels of awareness of the benefits of physical activity among young women aged 12-19 years. The campaign aims to encourage and support young women to be more active and reinforces the many benefits of an active life whether through recreation, sport or individual physical activity.

Contact: Department of Health
(02) 6289 1555

Website:
www.australia.gov.au/girlsmove

Sporting Schools

The Sporting Schools Program provides funding for local sporting organisations and schools across Australia to run fun, nationally-accredited sporting programs for children in their communities. The program was developed on the basis of 'skills not drills' to help children develop a strong connection to sport at a young age. It provides children with the ability to try a number of different sports through formal programs to find the ones they love the most. A key goal of the program is to link with local clubs to enable kids to transition to a club environment in sport.

Contact: Department of Health
(02) 6289 1555

Website:
www.ausport.gov.au/participating/playsportaustralia

Play.Sport.Australia

Launched in March 2015, Play.Sport.Australia, is the Australian Sport Commission's (ASC) game plan to improve participation in organised sport. The plan focuses on better engagement with the community, stronger governance for sports and innovative ways to improve their long-term financial sustainability. By increasing participation in sport, Play.Sport.Australia will help children build a lifelong connection with fitness and its associated benefits.

Contact: Department of Health
(02) 6289 1555

Website:
www.ausport.gov.au/participating/playsportaustralia



Active Healthy Kids Australia would like to acknowledge the Office of the Federal Minister for Health, the Hon. Sussan Ley MP for initiating the coordination of this Showcase Page.

AUSTRALIAN CAPITAL TERRITORY



Active Healthy Kids Australia would like to acknowledge the Office of the ACT Assistant Health Minister, Meegan Fitzharris, MLA for initiating the coordination of this Showcase Page.

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Kids at Play Active Play

Kids at Play Active Play (KAPAP) is a free ACT Government program which has been designed to help early childhood educators feel more confident to promote active play and teach fundamental movement skills (FMS) to children aged 3 to 5 in ACT early childhood education and care (ECEC) services.

The KAPAP program supports the ACT Government's Healthy Weight Initiative and seeks to contribute to addressing the 2015 Australian Early Development Census results which showed that ACT children were below the national average in terms of the physical health and well being domain.

Components of the KAPAP program include:

- face-to-face professional learning (PL) sessions for leaders (Principals/Directors/Executive Staff) and educators;
- three active play visits to each participating centre/preschool where KAPAP officers (physiotherapists and occupational therapists) mentor educators to assist them in applying the learnings from the PL in their ECEC setting;
- resources (manual, website, FMS lanyard cards, FMS video clips, parental engagement material);
- tools (Active Play Audit Tool, Physical Activity and Small Screen Recreation policy template);
- access to the ACT Government's Healthier Work Service to assist in developing a Workplace Health and Wellbeing Program for their workplace.

During early childhood, it's important for kids to learn FMS (running, jumping, kicking, catching, throwing, etc). These skills help kids learn how to control and coordinate their bodies and are the building blocks for participation in active play, school PE lessons, sports and recreational activities.



**KIDS
at PLAY**
Active Play

Since its commencement in July 2014, 99 ACT ECEC services have participated in the KAPAP program. After participating in the program, the majority of educators reported being more confident in teaching FMS and encouraged active play more frequently in their classes.

Contact: kidsatplay@act.gov.au
(02) 6207 9525

Website: www.act.gov.au/KAPAP

Building teacher capacity in physical literacy in ACT schools

Established in 2014, the Physical Education (PE) Pulse Network is an innovative collaboration with sport, active recreation and ACT education sector organisations, which have come together to support high quality delivery of physical activity, physical education and sport experiences in ACT schools. The Network supports teachers to deliver physical education curriculum, and has been successful in streamlining contact between schools and the myriad of external providers that are regularly engaged in this area.

The PE Pulse Network has launched a central website to provide a one stop portal for teachers seeking professional learning opportunities, resources, or wanting to engage external physical activity/sport program providers.

In addition, the Education Directorate recently conducted a pilot program to identify strategies that would build the capacity of ACT public primary school teachers in the delivery of

quality physical education. A research report and discussion paper has been published for school leaders to reflect on the findings to support high quality delivery of physical education.

These initiatives are part of the ACT Government's Healthy Weight Initiative (www.act.gov.au/healthyliving).

Contact: register@pepulse.com.au

Website: www.pepulse.com.au

Active Streets for Schools

The Active Streets for Schools program is an extension of the Ride or Walk to School program to make the environment around schools safer to ride, walk, scooter or skate to and from school. The Ride or Walk to School program has been supporting 52 primary schools across the ACT, increasing to 108 schools through funding in the 2016-17 Budget.

The Active Streets program is an education and awareness campaign to encourage school leaders and parents to support their students by allowing them to ride or walk to school leading to more physically active and healthier children.

The program is complemented by infrastructure improvements focused on routes to schools, traffic safety and changing behaviors of parents who may drive their children to school each day.

Initially piloted with four primary schools, Active Streets is now being rolled out across 25 new schools as a result of additional funding in the 2016-17 Budget with the ACT Government's Active Travel Office being the central point of contact for school principals, parents and local residents.

The early data collection from the four pilot schools has indicated up to a 10% increase in participation rates within the first 6 months of the program rollout.

Contact: www.transport.act.gov.au/about/contact-us

Website: www.transport.act.gov.au/getting-around/active-travel

NEW SOUTH WALES



Author:

Lily Henderson, Go4Fun State Program Manager, NSW Office of Preventive Health

Go4Fun

Go4Fun® is a family-focused healthy lifestyle program for children aged 7-13 years who are above a healthy weight and has been delivered across NSW since 2009.

The program is funded by the NSW Ministry of Health and makes an important contribution to the *NSW Healthy Eating and Active Living Strategy: Preventing overweight and obesity in NSW 2013-2018* and the NSW Premier's Priority to reduce overweight and obesity rates in children by 5%.

Since July 2011, over 800 Go4Fun programs have been delivered across NSW with more than 7,800 families participating.

Go4Fun® programs are led by trained qualified health professionals and delivered over 10 weeks. Each 2 hour session includes

nutrition theory, behaviour change support and one hour of game-based physical activity for children.

Children who participate in Go4Fun® achieve statistically significant weight and weight-related health outcomes and become fitter, happier and healthier.

Key physical activity related outcomes include (on average):

- Increased levels of physical activity (+3.7 hours per week)
- Decreased sedentary activities (-3.2 hours per week)
- Increased number of children meeting the National Physical Activity Guidelines (+22%)

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Active Healthy Kids Australia would like to acknowledge the Office of the Minister for Health, NSW, the Hon. Jillian Skinner MP for initiating the coordination of this Showcase Page.



NORTHERN TERRITORY



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Active Healthy Kids Australia would like to acknowledge Territory Wide Services, Department of Health, Northern Territory, for coordinating this Showcase Page.

Move More Learn More Project

The Move More Learn More (MMLM) Project is aimed at educating, training and supporting teachers to deliver quality physical literacy programs, through a focus on foundation movement skills (FMS) and fundamental sport skills (FSS) to children in NT primary school settings, during 2016, without any adverse impact on existing school curricula or activities.

The programs include:

1. FUNtervals. Students participate in 5-7 minute bouts of physical activity, incorporating the 6 FMS (squat, lunge, push up, pull up, bend and brace) throughout the school day, when students are transitioning from one subject or activity to the next.
2. PE lessons. Building on the FUNtervals exercises, students transition to the 8 FSS (run, gallop, hop, leap, catch, kick, strike and throw) as part of weekly PE classes.

The intervention evaluation is a randomized control design comprising of pre (start of school year), mid and post (end of school year) measures from approximately 200 students in intervention and control groups. Assessment will focus on 3 key outcomes:

- Teacher's awareness, knowledge and skill in FMS and FSS pedagogy.
- Improvements in children's physical literacy.
- Improvements in children's academic achievement.

Project outcomes will be available in February 2017.

Contact: Michael Watkins
(08) 8922 6822



Photo supplied by Red Dust

Coach Development Program

The Northern Territory Institute of Sport's Coach Development Program (CDP) is focused on best practices that facilitate improved physical literacy and life-long involvement in sport and exercise, and purposely avoids the ingrained and unproductive culture of early sport specialisation, the demand for junior champions and a win-at-all-costs mentality which can lead to high drop-out rates and other adverse outcomes.

The CDP is open to coaches, teachers, parents and other family members with young athletes (aged 6-19 years) involved in any sport across the Northern Territory. It is tailored to all levels of proficiency and provides access to appropriately qualified and experienced sport personnel who openly engage in observation and practice with participants in a highly supportive environment. The CDP is designed to encourage participants to apply and align their own learning, theories and methods with the program's focus on holistic, life-long athlete development.

Contact: Tim Ellison
(08) 8922 6821

Red Dust's Healthy Living Program

Red Dust's Healthy Living Program is a school based health promotion program delivered to schools in remote Northern Territory

communities including Areyonga, Kintore and Yuendumu in Central Australia, and the Tiwi Islands, Wadeye and Daly River in the Top End.

The Healthy Living Program works with young people in schools and in their communities to raise awareness of how lifestyle and behaviour choices can affect health and well-being and develop skills that empower them and their community.

The program promotes experiential learning through sport, music, art, dance, and circus and is facilitated by role models and community champions.

The physical activity component of the program uses sport as a tool for development of the whole person. Sport, uniquely, provides a safe environment for young people to belong, develop a sense of loyalty, and to have a purpose.

Red Dust uses role models to facilitate process driven physical activities that are progressive and encourage community members to make healthy, active choices throughout their lifespan that are both beneficial to, and respectful of their whole self, others, and their environment.

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Website: www.reddust.org.au



Author:

Darling Downs and South West Education Region and Prevention Division,
Department of Health (Queensland)

Increasing Activity & Intelligent Minds (iAIM)

iAIM was an innovative school-based physical activity initiative developed by the Darling Downs and South West Education Region in partnership with the Department of Health. The initiative promoted physical activity as a strategy to support the region's school improvement agenda. Other elements of iAIM's success was the purposeful use of data, implementing effective pedagogical practice and creating a culture that promoted learning.

In 2014, regional education staff began working with school principals and alongside teachers to encourage them to plan, develop and test new ways to enhance educational outcomes through increased physical activity. At the end of 2015, 64 schools in the region (about one-third of schools) had committed to being an iAIM Action School. In action schools, 67% of students increased physical activity; and 200 minutes per week on average



of additional physical activity was included in the school day. 20 teachers completed an action research project linking physical activity to student achievement, engagement, behaviour, attendance, physical literacy and/or social skills. iAIM resources on the Department of Education's e-Learning environment were accessed 6,700 times. iAIM has been invited to present at the 2016 National Summit on Student Engagement, Learning & Behaviour.

Contact: Kaye Pulsford,
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Active Healthy Kids Australia would like to acknowledge the Office of the Minister for Health, QLD, the Hon. Cameron Dick MP for initiating the coordination of this Showcase Page.



SOUTH AUSTRALIA



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Co-Authors:

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Active Healthy Kids Australia would like to acknowledge the Office of the Minister for Health, SA, the Hon. Jack Snelling MP for initiating the coordination of this showcase page content.

Nature Play

Nature Play SA's charter is to address a worldwide trend that is seeing an entire generation of children growing up indoors, without the time or freedom to access free and unstructured play outdoors in nature. In SA, our children are spending less time in nature than at any other time in our history, leading to increasing rates of childhood obesity, depression and behavioral disorders.

Spending time in unstructured play in nature (nature play) is not just good for us, it is fundamental to children's health, well-being and development. Nature Play SA, an independent, not for profit incorporated association funded by the State Government until 2018/2019, work with partner organisations to spread

the message about the importance of making nature play an everyday activity for children. Nature Play SA provides events, free resources, products, programs, workshops,

Conferences and presentations to assist families, schools and communities. Successes include

- Hosting several major annual events attracting over 30,000 people, participating in outdoor activities like cubby building, mud play, kite flying.
- Distributing 150,000 nature play passports free to SA children incorporating outdoor activities.
- Developing solid partnerships with Omo, DEWNR, DECD, SA Health, NRM Education, local government, Stratco and more.
- Building the nature play movement through a strong social media following:
 - 19,500 Facebook followers
 - 1,500 Instagram followers
 - 75,000 website users
 - 3,200 subscribers.

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Website: www.natureplaysa.org.au

Healthy Parks Healthy People

Healthy Parks Healthy People SA Framework is a nature-based health approach for population health. Fostering and enabling

direct and meaningful experiences with nature is transformative for our physical and mental health, the development of our children, strengthening our personal relationships with family, building safer and better connected neighbourhoods, developing a strong economy, and nurturing environmental attitudes and values that encourage a continued conservation ethic in South Australia

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www.environment.sa.gov.au/managing-natural-resources/park-management/people-and-parks

Premier's be active Challenge

The Challenge has been running since 2007 with around 35,000 students in South Australia completing the 4 weeks of 60minutes daily physical activity. Students receive a medal for completing the Challenge that is run from Reception to year 12 in SA schools and home schools. Recently the Challenge has worked with preschool sites and students to introduce fundamental movement skills.

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Rebekah Harrison, Physical Activity Officer, Department of Health and Human Services

Being active matters! – physical activity posters

The Being Active Matters! (Second edition) Booklet and Posters provide parents, carers and early childhood settings with ideas on how to set up and play a range of active games that can help children to develop fundamental movement skills like running and catching.

Drawing on the content of the Being Active Matters booklet, a suite of posters were developed targeting parents of children aged 0-5 years. The outcomes of the project were:

- Parents, early childhood settings and the community have an increased awareness of the importance of physical activity and fundamental movement skill development in the early years; and
- community and early childhood setting have increased knowledge of resources for children's physical activity.

The Being Active Matters resources continue to be distributed to programs and settings across Tasmania that work with families.

The Being Active Matters booklet and posters were developed by the Child Health Association Tasmania, in partnership with the Department of Health and Human Services (DHHS), Womensport and Recreation Tasmania, the University of Wollongong and the Australian Early Development Census (AEDC).

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www.childhealthassoc.tas.wix.com/chat#!being-active-matters/ljbia

Family Food Patch

Family Food Patch is a peer education program that empowers families and local communities by building and mobilising skills in children's physical activity, nutrition and community action.

The six week training program includes specific topics on physical activity, including fundamental movement skills. Participants are provided with information and resources on children's physical activity and fundamental movement skills which equip them to share knowledge with others.

Since 2001, training has been provided to over 370 parents, carers and community/health workers in 28 different locations throughout Tasmania.

The Family Food Patch program is delivered in partnership between the Child Health Association

of Tasmania (CHAT) and the Department of Health and Human Services. CHAT receives funding through the Department of Health and Human Services, to provide Family Food Patch.

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Website:
www.childhealthassoc.tas.wix.com/chat#!family-food-patch/c14wr

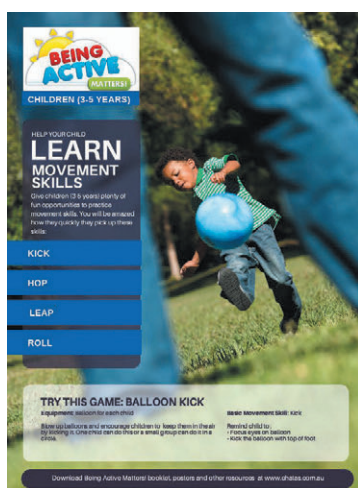
Active Classrooms

Active Classrooms is a professional learning package that provides classroom teachers with a session, resources and equipment to assist them to make their classrooms more active environments.

Active Classrooms aims to increase both the knowledge and practice of active games and movement in the classroom and therefore create environments where moving is normal. Active games within the sessions have had a focus on fundamental movement skills and teachers have had the opportunity to practice these games before implementing them in their classrooms. Recent evaluation of Active Classrooms sessions showed that all respondents had tried activities from Active Classrooms with their class and had shared active ideas with their school communities.

It has been available on an annual basis to teachers from Move Well Eat Well schools since 2012. Since its inception, a total of 84 teachers from over 50 schools have completed the sessions.

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Active Healthy Kids Australia would like to acknowledge the Office of the Minister for Health, TAS, the Hon. Michael Ferguson MP for initiating the coordination of this Showcase Page.



Author:

Department of Health and Human Services



Transform Us!

Transform-Us! is an effective program for upper primary school children that incorporates a mixture of educational, pedagogical, behavioural and environmental approaches to increase children's physical activity and decrease sedentary behaviours. The program is delivered in the classroom, school grounds and home environment. The program showed increases in children's physical activity during recess and lunchtime by 33 minutes a week, and reductions in sitting time by 196 minutes a week.

The program has received funding from the National Health & Medical Research Council to disseminate Transform-Us! across Victoria over 5-years, commencing in 2017. It will be hosted by the Victorian Department of Education and Training and disseminated via partner organisations including; VicHealth, Victorian Independent Schools, Victorian Principals Association, the Australian Council for Health, Physical Education and Recreation (ACHPER) and Peak PhysEd.

Contact:
Alfred Deakin Professor Jo Salmon

Website: www.deakin.edu.au/ipan/our-research/other-projects

Nature Play Week

Nature Play Week is built on the support and dedication of people who seek to reconnect kids to nature. From families to small grassroots organisations, to leaders in the field, Nature Play Week aims to provide a platform for everyone to celebrate the wonderful work they do, and most importantly, get kids outside!

Nature play is not about prescribing structured activities. Nature play is about empowering kids to play, explore, discover and find wonder in the natural world. Approximately 15,000 children participated in the 2016 Nature Play Week event.

Contact: Cecile van der Burgh,
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Victorian Government Policy

Improving physical activity outcomes is a priority of the Victorian Government. Key policy and reforms aimed to increase physical activity levels include:

Victorian public health and wellbeing plan 2015-19

The priority area of healthier eating and active living has a focus on improvements at every stage of life, supporting people to be as physically active as often as possible. Strategies include active transport, neighbourhood design that promotes activity and social connectedness, participation in sport and recreation and encouraging interaction with nature in Victoria's parks and open spaces.

Education State:

In September 2015, the Government launched its Education State: schools reforms and committed itself to achieving a set of ambitious targets aimed at improving school student outcomes that promote: learning for life; happy, healthy and resilient kids; breaking the link with disadvantage; and pride and confidence in our government schools. As part of the Education State reforms Victoria has adopted a target to increase the proportion of school students participating in regular physical activity (one hour of activity, five times a week) by 20% over the next decade.

Contact: Denise Laughlin
Acting Senior Public Health Advisor

Achievement Program

The Achievement Program provides early childhood services, schools and workplaces with the help and support they need to create healthy environments. It allows them to broadly look at health and wellbeing within their organisation to determine what policies, cultural and environmental changes are needed to improve the health of children, students, employees and wider community.

Members are encouraged to meet the Achievement Program's best-practice benchmarks in their chosen health priority areas. There are eight health priority areas for schools and six for early childhood education and care services, one of which is Physical Activity. Early childhood services and schools that meet these benchmarks, which align with international best-practice, are recognised by the Victorian Government.

The initiative is potentially reaching more than 390,000 children and young people through 1462 participating early childhood education and care services and 798 schools.

The Achievement Program is delivered by Cancer Council Victoria on behalf of the Victorian Government.

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WESTERN AUSTRALIA



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Better Health Program

The Better Health program is an evidence-based healthy lifestyle program that facilitates the adoption of healthy lifestyle behaviours in families with children aged 7 to 13 years who are identified as being overweight or obese. Funded by the Department of Health, the program is delivered free of charge in the Perth metropolitan area and offers families practical advice and information about good nutrition and a balanced diet, ways to increase levels of physical activity and strategies to achieve behaviour change. Included as part of the 10 week program is twice weekly 60 minute physical activity sessions that use fun game based activities to get children interested in being physically active.

Since the program began in July 2014, a total of 481 children have participated in the Better Health program. Results demonstrate positive healthy outcomes for participating families, including a reduction in children's BMI and waist circumference; increased levels of physical activity and fitness; decreased sedentary behaviour; and increased psychological wellbeing of participants with body and self-esteem improving.

Contact: Chris Vavaki,
Better Health Company.
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Nature Play WA

Nature Play WA is an incorporated not-for-profit association established to increase the time Western Australian children spend in unstructured play outdoors and in nature.

Beginning as an initiative of the Western Australian Department of Sport and Recreation, Nature Play WA is founded on the understanding that unstructured play outdoors (nature play) is fundamental to a full and healthy childhood providing benefits in health, cognitive, social and emotional development and in the building of resilience and creativity. The success of the program has led to the creation of partner Nature Play organisations in South Australia, Queensland and Canberra.

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Investment in active travel & cycling

The State Government's Transport @ 3.5 Million sets the vision for a generational change to Perth's transport network and prioritises measures to enable active and public transport. A suite of measures are proposed, including the expansion of public transport services and off-road shared paths and recreational cycleways. Delivery of the existing TravelSmart to School program to primary schools will be extended to encourage more children to be healthy and active by increasing walking and riding to school.

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Website: www.transport.wa.gov.au/projects/perth-transport-plan-for-3-5-million.asp

