

# Active Schools

*Sport Canterbury, Sports House, QE11 Park, Christchurch. Tel 373 5060/ Fax 387 0284.  
Website: [www.sportcanterbury.org.nz](http://www.sportcanterbury.org.nz)*

## Linwood Avenue Primary School:

*Our involvement with Active Schools has been very beneficial in helping us to think about new ways of promoting physical activity. Our ASF has been a great source of ideas including how to more firmly establish the PALs (Physical Activity Leader) programme with our senior students.*

*Through contact with the PE advisors, teachers have become enthusiastic about using the Games for Understanding resource. The children love the new focus on games and we feel that there is enthusiasm to become more active during break times.*

*The teachers have also recently worked with Justin Muschamp; Sport Canterbury's Sport Opportunity advisor, gaining a better understanding of how to meet the needs of children with disabilities. The school has now made a commitment to ensuring that inclusion and modification of programmes is part of the way we now do things.*

*Currently, our ASF is working with the school to involve parents in the active schools programme. It is yet another great way to keep the momentum going and to help get the right messages circulating.*

**Chris Reece: Principal: Linwood Avenue Primary School**



## Elmwood Primary School:

*Sport and PA makes a huge contribution to a child's education through the physical, social, emotional and intellectual domains of learning.*

*Sport and PA has essential ingredients of intellectual development that shape our values and attitudes and help develop success strategies.*

**Kevin Gooch: Principal: Elmwood Normal school.**



Physical activity is for everyone- regardless of size, skill or ability.

Physical activity is fun, easy and can be free.

Physical activity can benefit learning as well as health.

Teachers do not need to be specialist physical educators, sports coaches, or even physically fit to improve the provision and effectiveness of physical activity for their students.

Quality physical activity develops and enhances the spiritual, emotional, social, cognitive and physiological growth of children and young people.

# “More people, more active, more often”

## Why do we need Physical activity at our school?

1. To have competent and confident children.
2. To give children the skills to be physically active.
3. To encourage children to be physically active throughout their lives.
4. To ensure children have the fundamental skills that are the basis for core learning.
5. To increase attention span and concentration in the classroom.

Students are rewarded in ways that reflect a commitment to physical activity. For example, good behaviour is rewarded with access to physical activity equipment rather than computer time.



School events demonstrate a commitment to physical activity.

## How will an Active schools Facilitator (ASF) support us?

1. Work with the school community and children to develop and implement a sustainable physical activity plan.
2. Assess environment, equipment and resources to develop a PA friendly environment.
3. Give ideas and assistance to create an inclusive PA culture.
4. Provide communication links with local community PA providers, including Active Transport.
5. Provide PD opportunities and funding for release.
6. Encourage and support inter-school events and tournaments for children within the school community.

“Physical activity is all movements in everyday life, including work, recreation, exercise and sporting activities”

*World Health Organisation*



## The Active School Facilitators.....



Jon Derry - Jon brings expertise from a Sports Development and Outdoor Education background to the Active Schools Team. He is a community specialist and endeavours to use the school's local environment and community to enhance their physical activity culture. Jon spends much of his time coaching and enjoys nothing more than providing opportunity and development pathways for children to reach their full potential in their chosen sport. **Tel: 373 5052/ [jon@sportcanterbury.org.nz](mailto:jon@sportcanterbury.org.nz)**



Gill Holland - Gill joined the Active Schools team in January after primary teaching in the UK for 7 years. During her teaching career she worked on a similar model to the Active Schools programme which engaged a variety of different community groups to add value to the school's Physical Activity culture. She thoroughly enjoys enthusing others especially children to become more involved in PA. **Tel 373 5047/ [gill@sportcanterbury.org.nz](mailto:gill@sportcanterbury.org.nz)**



Wendy McArthur- Wendy has ten years of teaching experience in New Zealand and the UK where PE was one of her strengths. She brings to the team curriculum knowledge and experience in coaching and running sports events. She has a passion for physical activity and likes to share her enthusiasm to encourage others to be physically active. **Tel: 373 5045/ [wendy@sportcanterbury.org.nz](mailto:wendy@sportcanterbury.org.nz)**