

Active Tools



It's that little extra that separates the ordinary
from the extraordinary



Schools...

- Provide a community ‘hub’ for people to come together (McKenna & Riddoch, 2003; Stewart et al, 2004).
- Schools therefore identified as a logical site for implementing initiatives to address some of the current issues of physical inactivity (Fox, Cooper & McKenna, 2004; Franks et al., 2007).
- But, what about teachers...



Research

- Teachers perceptions of a physical activity based professional development intervention

Findings:

- Vital to experience professional development firsthand
- Preferred participation alongside their colleagues – increased feelings of support



What is Active Tools?

- Professional development programme for all primary/intermediate school teachers
- ‘Tools’ to enhance physical activity in the school
- Inclusive, maximum participation approach

Keys to Active Tools

- Connect to the curriculum
- Increase physical activity and health behaviour of students
- Redefine the school environment
- Allow for individual growth and development



Adapted from www.everactive.org

Active Tools

- Education
- Everywhere
- Environment
- Everyone



SCHOOLS
COME *Alive*

Active through Education

Providing innovative opportunities for students to be active while learning and, to learn while being active throughout the school day



Activity could happen in both structured and unstructured learning time by:

...Activating core subject areas

...approach of “not just free time anymore”

Active Everywhere

- Encouraging and supporting physical activity initiatives throughout the wider school environment
- What spaces are available in and around your school, how are they utilised, how could they be utilised?
 - *Opportunities for increased cooperation between school and community.*



Everyone Active

Involvement for all students

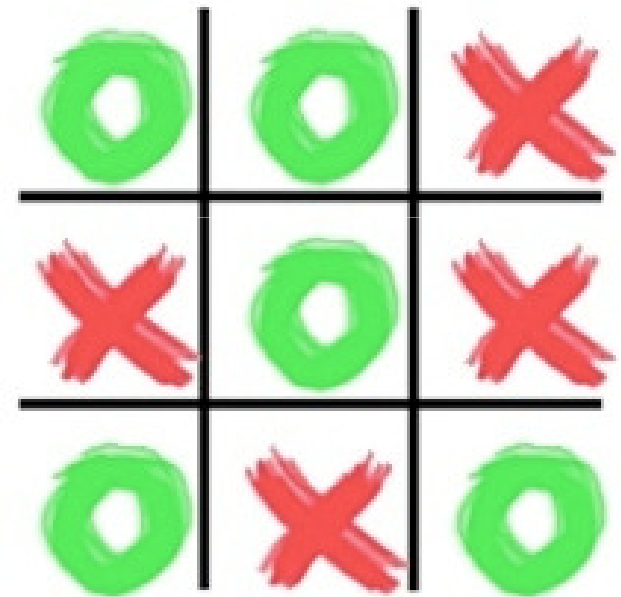
- Students and staff active together
- Availability of lunchtime gear?
- Active Shoe challenge
- Activity vs. Sport
- Extramural programmes in skateboarding, rock climbing, winter sports



Active Environment

What does your school environment look like?

- Activity centres
- Wall murals
- Active shoes
- Alternative play environments



Sustaining the Active Environment

- Use of student leaders
- Active trolleys
- Active jackets
- Active corner
- Parent helpers



Kids are far more disinvented than they are disinterested or disabled



Plato said, “You can learn more about a person in an hour of play...



...than you can in a year of conversation.”