

Foodbank of Western Australia Incorporated



**Foodbank**  
An Australia Without Hunger



2011 School Based Physical Activity Program

# Executive Summary



---

# Foodbank of Western Australia Incorporated

## Healthy Food For All

---

Jennifer Tartaglia BHSc

### Physical Activity Promotion Coordinator

Christina Davies BA(Hons) GradDipPublHlth MPH

### Evaluation Consultant

### Acknowledgements

Western Australian Department of Education

Western Australian Department of Health

Western Australian Department of Regional Development and Lands

BHP Billiton

Jim Kidd Sports

West Coast Eagles Football Club



### Citation

*The citation below should be used when referencing this work:*

Tartaglia J, Davies C. Choose to Move 2011 School Based Physical Activity Program Executive Summary. Foodbank of Western Australia Incorporated, Perth, 2012.

## Executive Summary

Current physical activity guidelines recommend children and adolescents (5-18 years) undertake 60 minutes of moderate to vigorous physical activity daily for good health.<sup>1</sup> Research has identified less than half of Western Australian School students report undertaking the recommended 60 minutes of physical activity every day with 41% of primary boys and 27% of primary girls meeting these guidelines.<sup>2</sup>

Foodbank Western Australia has great capacity to provide physical activity opportunities to its school based community. In 2011 Foodbank's School Breakfast Program had a reach of over 12, 500 students at 369 schools across the state. Foodbank WA's *Choose to Move* physical activity program was originally developed in 2010 as a pilot program in 12 primary schools in the Kimberley region of Western Australia. The pilot was developed in consultation and collaboration with health professionals and other stakeholders to enhance the existing Healthy Food for All Program. The Healthy Food for All Program integrates targeted nutrition and health promotion for those participating in the School Breakfast Program<sup>3</sup>.

A shortage of sports equipment is cited as a common barrier to the delivery of physical education in schools, and to students engaging in unstructured play before school, during recess and lunch breaks<sup>4</sup>. *Choose to Move* endeavours to overcome this barrier by providing schools with high quality sports equipment packs. The sports equipment provided to schools could be utilised by students for "free play" before/after breakfast, recess and lunch times and also used by teachers to provide structured physical activity lessons in conjunction with the Department of Education's physical activity resource *FUNDamental Games Strategies (FGS)*. The *FGS* resource was developed by the Department of Education and it was designed for teachers of year's four to seven and comprehensively assists teachers to plan, deliver and evaluate effective physical activity programs, and to implement whole-of-school physical activity programs, policies and actions.

### Highlights from the 2011 *Choose to Move* Program include:

- **61** schools throughout the state participated in the *Choose to Move* Program.
- The *Choose to Move* Program reached over **5114** students in years four to seven and **260** teachers.
- **197** sports equipment packs were distributed to schools.

### What did students say?

- **98%** had fun playing with the *Choose to Move* equipment.
- **75%** believed they did more physical activity during the school day since the *Choose to Move* equipment arrived in their class.
- The most popular types of equipment were the basketballs, dodge balls, soccer ball, AFL footballs and tennis balls.
- During the school day, between 4%-6% of students who in the pre-program survey indicated they did not play sport, reported playing with *Choose to Move* equipment in the post-program survey.
- Significantly more students in the post-program survey compared to the pre-program survey:
  - reported being physically active every day of the school week (60 minutes/day).
  - reported participating in physical activity lessons with their teacher.

- identified that they should participate in 60 minutes of physical activity/day .

#### **What did teachers say?**

- **95%** of teachers agreed that *Choose to Move* increased participation in physical activity during lessons and break times.
- **96%** believed the *Choose to Move* equipment encouraged students to be more physically active.
- **94%** specified that *Choose to Move* equipment assisted them to conduct physical activity lessons.
- **73%** believed the *Choose to Move* equipment encouraged physical activity events to occur within their school.
- **89%** agreed that participating in the *Choose to Move* Program assisted their class to achieve the government's requirement that all students participate in at least 2 hours of physical activity/week, during the school day, as part of student learning programs.
- **78%** of teachers used the *FGS* manual in conjunction with the *Choose to Move* equipment.
- One in four teachers who were aware of the *FGS* workshops, heard about the sessions via Foodbank WA.
- Teachers agreed that the *Choose to Move* Program had a positive impact on student outcomes, especially:
  - physical activity skills
  - student health
  - student social skills
  - student concentration

#### **Recommendations:**

1. Continue to provide the *Choose to Move* Program to School Breakfast Program Schools
2. Provide schools with a traditional indigenous physical activity resource
3. Provision of additional equipment
4. Continue to promote *FGS* workshops to schools
5. Explore the use of screen printing to promote the program on sports bags