

Foodbank of Western Australia Incorporated



Foodbank

An Australia Without Hunger



2013 School Based Physical Activity Initiative

Executive Summary



Foodbank of Western Australia Incorporated

Healthy Food For All

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Acknowledgements

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Executive Summary

Foodbank WA's Healthy Food for All program aims to improve the health of students primarily in low socioeconomic schools across Western Australia. The Healthy Food for All Program integrates targeted nutrition and health promotion for those participating in the School Breakfast Program³. Foodbank Western Australia has great capacity to provide physical activity opportunities to its school based community. In 2013, Foodbank WA's School Breakfast Program provided nutritious breakfast foods to over 15000 students at 426 schools across WA. *Choose to Move* compliments the School Breakfast Program by providing free sports equipment and support for teachers to access physical activity teaching resources which aim to increase physical activity levels in students in years 4 -7.

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.² Current physical activity guidelines recommend children and adolescents (5-18 years) undertake 60 minutes of moderate to vigorous physical activity daily for good health.¹

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 breaks⁴. *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 unstructured 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 *Choose to Move* in 2013 include:

- **61** schools throughout the state participated in *Choose to Move*.
- *Choose to Move* reached **5707** students in years four to seven and **290** teachers.
- **202** sports equipment packs were distributed
- In total 5707 students participated in the initiative in 2013, spread across the following year groups:
 - Year 4 – 1548 students
 - Year 5 – 1294 students
 - Year 6 – 1472 students
 - Year 7- 1198 students
 - Aboriginal or Torres Strait Islander – 845 students
- In total 290 teachers participated in the initiative in 2013.
- 54 schools were from public sector schools (Department of Education)
- 4 schools were from the independent school sector (Australian Independent Schools)
- 3 school was from the catholic education sector (Catholic Education Office)

Recommendations:

1. Continue to provide *Choose to Move* to School Breakfast Program Schools in 2014.