



Active Insight: Evidence in Action

Tip #440



Active Staffrooms

Overview

Active staffrooms in Years 7–10 support staff to apply strategies that enhance wellbeing, energy and positive workplace habits throughout the school day. Simple environmental and routine changes can encourage movement, reduce sedentary behaviour and promote active participation within staff spaces. Creating opportunities for movement within staffroom environments supports staff health, models positive behaviours for students and helps build a visible and connected culture of physical activity across the school community.

Key Teaching Ideas

Introduce simple and practical movement opportunities within staffroom environments, such as standing meetings, walking discussions or active break prompts throughout the day. Use supportive and visible strategies that encourage staff participation, promote wellbeing and help build positive movement habits in everyday routines. Encourage shared involvement, collaboration and consistent role modelling to strengthen staff wellbeing, support positive school culture and reinforce the value of movement across the wider school community.

Practical Application

- Provide standing areas encouraging movement and reducing sedentary time daily
- Create stretch zones supporting mobility and wellbeing throughout the day
- Use movement prompts encouraging regular activity and healthy behaviour habits
- Promote walking meetings supporting collaboration and increased physical activity levels
- Introduce quick challenges building engagement and positive staff participation regularly

Next Steps

Encourage small, consistent habits. Active environments support staff wellbeing and contribute to a positive, movement-focused school culture.

