



Active Insight: Evidence in Action



Tip #540: Supporting Activity Beyond School

Overview

Supporting activity beyond the school gates helps students recognise that being active does not need to depend on organised sport, specialised equipment or scheduled lessons. Students can build movement into their day through active travel, outdoor play, recreation, household tasks and informal activities with family or friends. Exploring practical and accessible options helps students make choices that suit their interests, circumstances and local environment. This builds independence and supports students to develop activity habits they can maintain beyond school.

Key Teaching Ideas

Help students identify realistic ways they can be active within their own daily routines. Discuss how available time, cost, transport, location, confidence and family commitments may influence participation. Encourage students to choose activities they enjoy rather than prescribing a single approach to being active. Use planning, problem-solving and reflection to help students recognise opportunities, respond to barriers and adjust their choices. Reinforce that short periods of movement and informal activities can contribute to an active lifestyle.

Practical Application

- **Map a Typical Day:** Ask students to identify times during an ordinary weekday or weekend when movement could be included, such as walking part of the way to school, playing outside after dinner or taking an active study break.
- **Create a Personal Activity Menu:** Students develop a list of free or low-cost activities they could choose from at home or in their neighbourhood, including dancing, walking, bike riding, gardening, playground games or playing with a pet.
- **Plan for Common Barriers:** Present barriers such as bad weather, limited space, lack of equipment or no one available to join in. Students suggest practical alternatives that would allow them to remain active.
- **Trial an Everyday Movement Challenge:** Invite students to select one small activity to try several times during the week. Keep the focus on whether the activity was enjoyable, manageable and realistic rather than on recording performance data.
- **Design an At-Home Game:** Challenge students to create a safe movement activity using a small space and common household items. Students explain how the activity could be modified for different people, abilities or environments.

Next Steps

Encourage exploration using goal setting. Simple and achievable strategies help support independence, confidence, and ongoing participation in physical activity beyond school environments.



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References and Research

1. Australian Curriculum: Health and Physical Education (Version 9.0) – Establishes the curriculum expectations for developing movement competence, health literacy, personal and social capability, and lifelong participation in physical activity.
2. Australian Physical Activity and Sedentary Behaviour Guidelines – Recommends regular physical activity throughout the day to support health, wellbeing and active lifestyles across the lifespan.
3. Australian Sports Commission. (2019). Australian Physical Literacy Framework – Defines physical literacy as the development of physical, psychological, social and cognitive capabilities that support lifelong participation in physical activity.