



Active Insight: Evidence in Action



Tip #542: Linking School to Community Sport

Overview

School sport and physical education can provide a starting point for students who may be interested in continuing an activity in the community. However, enjoying an activity at school does not always mean students know how to take the next step. Clear information about training, registration, equipment, costs, time commitments and beginner options can make community sport feel more achievable. Helping students understand what participation involves supports informed choices and reduces uncertainty for students and families.

Key Teaching Ideas

Use school-based activities as an opportunity to explain how community sport operates. Discuss the differences between playing an activity at school and joining a local club, including team selection, training expectations, competition formats and seasonal commitments. Make it clear that students do not need to be highly skilled before joining and that many clubs offer beginner, social or modified options. Encourage students to consider whether an activity matches their interests, confidence, available time and preferred level of competition. Provide practical information that will assist students and their families to make informed choices about community sport.

Practical Application

- **Explain the Next Step:** At the end of a unit, show students what joining the activity outside school might involve. Explain where it is played, when the season runs, what equipment is needed and whether beginner programs are available.
- **Compare Participation Options:** Ask students to compare competitive teams, social programs, modified formats, clinics and casual participation. Discuss how different options may suit different interests and confidence levels.
- **Develop Questions to Ask:** Work with students to create questions they or their families could ask a club, such as whether beginners are welcome, what the fees cover, how often training occurs and whether equipment can be borrowed.
- **Create a Transition Experience:** Organise a familiar school-based session that follows some of the routines used in community sport, such as warm-ups, rotations, modified rules or team roles. Explain these routines so students know what they may encounter.
- **Support Family Decision Making:** Provide families with a simple summary of participation requirements, including location, cost, schedule, contact details and available support. Keep information current and avoid promoting options that may not be accessible to the school community.



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Next Steps

Select one activity currently taught at school and provide students with a clear explanation of how they could continue it in the community. Focus on practical details that help students and families decide whether the opportunity is suitable for them. Explore [Active Education Australia Resources](#) for further support with linking students to community sporting opportunities.

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 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.