Active Insight: Evidence in Action

Tip #543: Promoting Active Lifestyles

Overview

Encouraging active lifestyles supports students to recognise and practise strategies for ongoing participation. Building habits enhances wellbeing, strengthens engagement, and promotes lifelong activity. This approach supports family involvement and reinforces positive behaviours beyond school. It encourages students to value regular movement, participate confidently, and develop healthy routines across home, school, and community settings. Embedding active lifestyle practices within learning experiences strengthens motivation, participation, and positive wellbeing outcomes for students and their families.

Key Teaching Ideas

Encourage active lifestyles through movement experiences that promote healthy habits and ongoing participation. Teachers can use practical activities, positive routines, and family connections to strengthen engagement and confidence. Encourage students to recognise the benefits of regular movement and apply active behaviours across different settings. Provide opportunities for reflection, goal setting, and participating in varied physical activity experiences. Foster supportive environments that build wellbeing, motivation, and lifelong participation. Family involvement strengthens the connection between school-based learning and daily physical activity habits at home.

Practical Application

- **Set Home Activity Challenges:** Provide students with a simple, monthly challenge sheet that includes accessible activities like walking the dog, helping with active chores, or playing a game in the backyard.
- **Share Family Movement Ideas:** Include a brief section in the school newsletter detailing one easy, no-equipment physical activity that families can try together over the weekend to promote shared active time.
- **Use Daily Activity Logs:** Encourage students to keep a simple diary where they colour in a star for every day they engage in at least thirty minutes of continuous physical activity outside of school hours.
- **Design Weekend Movement Challenges:** Set a fun, optional challenge on Friday afternoons, such as seeing who can find the most interesting local walking trail, and discuss their findings on Monday morning.
- **Communicate Benefits Regularly:** Use school communication channels to share brief, evidence-based facts with parents about how regular physical activity improves sleep, concentration, and overall wellbeing for primary-aged children.

Next Steps

Use simple resources to support habits. Consistent strategies help promote active lifestyles and reinforce wellbeing beyond the classroom environment. Explore Individual Regulation and Active Breaks resources.

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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.

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