Active Recreation

Then and Now



Table Tennis Program

More active. More often.

Then / Where we started

Despite a strong reputation in sports science and elite coaching, The Grange P–12 College recognised that some students were less engaged in physical activity. The school introduced table tennis as a fun, accessible and less competitive option to encourage greater participation.

Now / What has changed

Table tennis continues to provide enjoyable opportunities for students across both campuses: Callistemon (Years P-6) and Deloraine (Years 7-12) . Year 5 and 6 student leaders have introduced lunchtime clubs, welcoming younger students in Years 3 and 4, building connections and encouraging participation through student-led activities.

What the School Did

- Purchased table tennis tables for both campuses using Active Schools funding.
- Promoted table tennis as an inclusive, recreational activity.
- Used Student Voice to establish rules for respectful play and equipment use.
- Supported Year 5 and 6 student leaders to establish lunchtime clubs.
- Created opportunities for younger students to participate and build connections across year levels.



What Others can Learn

Simple, non-competitive activities can engage students who may not enjoy traditional sports. Involving students in decision-making and leadership builds ownership and encourages participation. Careful consideration of equipment access, storage and location can also support the long-term success of initiatives.

> **"The initiative is still going strong at The Grange, and it has provided many hours of active enjoyment for the students."**

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