



# Physical activity

Active kids are happy, healthy and resilient kids. Active kids are also active learners. A child's physical activity level is influenced by many factors, including their individual skills, family lifestyle and the environment in which they live, learn and play.

## We can help your school become an Active School by achieving best practice in the Physical Activity and Movement priority area by:

- developing a Physical Activity and Movement policy for your school
- providing newsletter articles + social media and website content
- providing resources and referral pathways to local health services at BCH
- providing resources and referrals to local community and sporting clubs, recreational facilities and links to potential physical activity grants
- supporting other physical activity & movement initiatives including Active Schools, Walk 2 School and Ride To School

Schools are vital in preparing young Victorians to lead a physically active and healthy life. Physical Activity and Movement is a key health priority area of the Health Promoting Schools Framework. This is an exciting opportunity for students, families and staff to be partners in the planning and implementation of best practice in this priority area.

### HOW TO GET INVOLVED:



Email us:  
[healthpromotion@bchc.org.au](mailto:healthpromotion@bchc.org.au)



Meet with us to discuss the program & how to get started (call 03 5338 4500 to arrange a time to chat)



[www.bchc.org.au](http://www.bchc.org.au)

**HEALTHY SCHOOLS** Achievement Program

**We're creating a healthier school**

