



Movement

Active kids are happy, healthy and resilient kids. Active kids are also active learners. Children and young people spend about half of their waking hours at school. It is critical that schools support and encourage children and young people to move more and sit less throughout the day – before, during and after school.

We can help your school achieve best practice in movement by:

- Supporting you to develop a Physical Activity and Movement Policy
- Providing newsletter, social media and website content
- Providing FREE access to a suite of health education resources
- Supporting other physical activity and movement initiatives including Active Schools, Ride2School and Walk to School
- Supporting professional development for school staff
- Providing referral pathways to local health services, including BCH and headspace Ballarat

Schools are encouraged to promote physical activity and movement through a whole of school approach that goes beyond traditional physical education and sport to promote physical activity and movement at every opportunity including through the curriculum, general school life and the local community.

HOW TO GET INVOLVED:



Meet with us to discuss how your school can get involved



Email us: healthpromotion@bchc.org.au to arrange a time

