



# 2012 SHAPED AWARDS

Presented by ACHPER WA  
Supported by the Department of Sport and Recreation

## CASE STUDIES OF BEST PRACTICE



Government of **Western Australia**  
Department of **Sport and Recreation**

## HEALTH INITIATIVE

**SCHOOL:** Burbridge School

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Burbridge School caters for students with special needs and these students are often apprehensive and reluctant to both eat unfamiliar foods and to engage in a physical activity as part of their regular daily activities. The aim of the fun with food initiative was to encourage students to experiment with foods they may not normally eat.

Autistic students often have strong physical reactions to strongly scented foods, such as banana and tuna. The students were exposed to a range of food textures and smells and encouraged to play with the food in the hope that it would encourage them to be more willing to tolerate and taste new sensations.

Several students have now willingly tasted different foods and one is now able to sit at the table while tuna pie was being served.

Staff members now have a greater understanding of sensory processing issues for students with Autism.



Running in conjunction with the 'fun with food' program, all classes were allocated more physical activity time and staff concentrated on extending the range of physical activities tried by the students.



Staff members now actively enjoy participating in physical activities with the students which has helped the student to not only enjoy the activities but be more willing to engage.

Many now choose to play with balls, ride bicycles or go on extended walks around the playground during recess and lunch breaks.



## HEALTH INITIATIVE

**SCHOOL:** Ardross Primary

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Staff at Ardross PS wanted to improve:

- Students' attitudes towards Health
- Students' knowledge and retention of Health concepts and skills, and
- Teachers' attitudes towards teaching Health

The negative attitude of students towards health lead to disinterest in the subject by teachers and they were more inclined to put health on the backburner when there were other 'more pressing' matters to be dealt with.



The initiative planned to

- empower students with the life skills required to self-manage a healthy, active life
- consolidate student their learning by teaching learnt skills to others, and
- develop strategies for teachers to become facilitators of independent learning



Strategies included:

- Surveying students to provide the topics on which to focus
- teachers collaborating to address areas of need and
- sharing effective Health strategies to engage students.
- organising a buddy system so that classes could share their information through peer teaching and
- inviting parents to be the 'students' in workshops run by their children.



The students became increasingly engaged in health activities and were excited to share their knowledge with other students. They conducted assembly items based on the activities and formed bonds with students in different classes, allowing them a wider choice of friendship groups, which led to a greater sense of belonging at school.

The initiative also resulted in teachers becoming more aware of the importance of teaching health and the buddy system demonstrated that peer teaching is an effective way to consolidate learning and could be applied to other areas of the curriculum.

The school strategic plan is currently under review to incorporate this initiative through to 2015 and the P&C is currently considering funding it for 2013.

# PHYSICAL INITIATIVE

SCHOOL: Flinders Park PS

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The school staff was concerned about

- falling levels of aerobic endurance
- poor general fitness levels across the school, and
- the increasing numbers of students avoiding strenuous activity.

Recording and collating student times for cross country runs over successive years and rewarding students for achieving set initiatives were introduced as was a structured program that

- challenged students of all ability levels to improve their aerobic endurance levels and
- provided the opportunity to strive for 'personal bests' to foster a culture of self improvement.



The results have been

- improved student fitness levels
- higher levels of participation in the cross country runs
- greatly improved interschool result and
- greater parent involvement with events within the school

CROSS COUNTRY Personal Bests							
Short Track Approximately 800m							
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Year 7	Personal Best Achieved
09							
3:54	3:27	3:24	3:24				

Long Track Approximately 2km				
Year 4	Year 5	Year 6	Year 7	Personal Best Achieved
9:57				

With normal growth and development patterns, it is expected that students would improve their scores from year to year.

Factors which can effect results include: illness/injury, absences, weather conditions and level of effort.

The program is a permanent part of the school's PE program and the 'personal best' initiative has been added to the Swimming and Athletics programs.

A culture of 'fitness' within the whole school has been created and students are particularly supportive of those who "struggle" with endurance performances.

The emphasis on improvement rather than comparison has seen improved self esteem levels within the student body, and the PB's of parent helpers are also recorded which has allowed for incidental conversations about maintaining fitness as we age.



# PHYSICAL INITIATIVE

SCHOOL: Paraburdoo PS

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Changes to

- the approach to teaching physical education
- the implementation of new programs and initiatives to increase student achievement and engagement, and in
- the recognition of sporting achievement.

have lead to a new sporting culture at Paraburdoo Primary School

Many students lacked the basic skills required to participate effectively in physical activity. The student body was polarised, with small groups of students, in each year, showing strong skill proficiency but the majority still requiring development in essential skills.

- The initiative involved a range of extra-curricular physical activity based programs and
- more prominent recognition of active achievements to improve students' attitude and participation.

Name: \_\_\_\_\_ **Overhand Throw**

When throwing overhand, I need to remember to:

Stand sideways!!  
 look where your throwing!!  
 Put your feet together!  
 you have to do bunny ears!  
 step forward!  
 christ your body!!  
 Then you throw the way your looking!  
 you have to throw in a circle!!

★  
Great work

Draw a picture of yourself throwing a ball overhand.

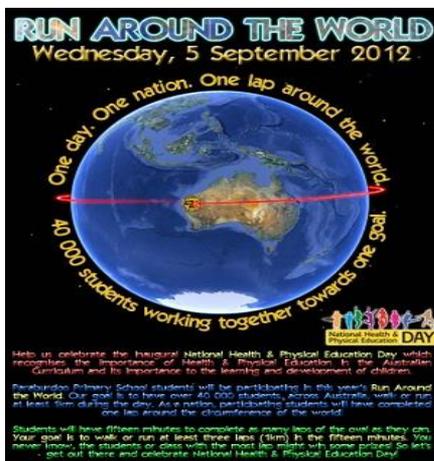


Staff also used the You Can Do It! language to reinforce the five Keys of Success: Confidence, Getting Along, Organisation, Persistence and Resilience.

Extra-curricular before-school, lunch and after-school programs were used to encourage increased participation, together with awarding the widely popular wristbands for achievements.

The junior students are progressively developing their Fundamental Movement Skills and their level of proficiency is increasing. They can demonstrate their skills, state why certain techniques are important and can translate their skill sequence into written words.

Senior students now enjoy the diverse range of physical education sports and there has been a great response to the Extra-curricular programs.



## PHYSICAL INITIATIVE

**SCHOOL:** Mt Lawley SHS

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The specific objectives of the Proactive Keep Active @ lawley initiative were to

- increase physical activity amongst students
- raise awareness of health and the importance of physical activity
- engage and introduce students to different activities
- Engage students in positive physical activities at school and so increase general engagement in school, and to
- use physical activity to increase self esteem.

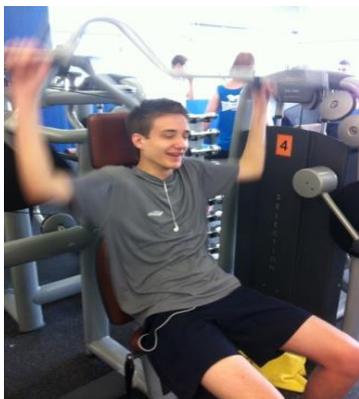
Students were regularly consulted to determine what activities they would like to try and were given the opportunity to lead and develop ideas within the program.



The manager was involved in all activities which helped to build relationships with students and increase their commitment and involvement.

The sustainability of the program has been established through

- endorsing the program as a voluntary contribution on the schools contributions schedule
- Having Local businesses sponsor activities
- P&C support to provide any extra funding required
- Focus and Curtin university to assist with running of programs, and
- Establishing Alumni Connections to assist with activities



The major factor that ensured the initiative worked was the wide range of student driven activities. The lunchtime activities, which are incredibly popular, will be linked to house points next year.

# PHYSICAL INITIATIVE

**SCHOOL:** Newton Moore SHS

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Over the last decade the Physical Education department has been actively addressing the participation rates of lower school girls but now is faced with similar problems with young boys, as well as the ever increasing number of obese students.

The dis-engaged students in PE, particularly the boys, show a direct correlation to the students who are non-participants in general classes. These boys have shown tendencies to be antisocial, have low self-esteem and lack motivation.



Indigenous students, particularly the girls, are very reluctant to be involved in any school teams/carnivals with non indigenous students and many talented indigenous students fail to realise their sporting potential or create a bond with their peers and school.

The issues were addressed using a number of strategies, some being:

- Streamlining Lower school PE classes into competitive and non competitive options.
- creating a health and fitness centre in 2 transportable classrooms and opening it to the Indigenous Academies before and after school.
- Establishing links with community providers to introduce alternative forms of physical activities
- a lunchtime Year 8 'European Handball' competition
- Creating numerous 4 square courts around the school to allow for regular ball games before school and at recess and lunch time.
- Introducing outdoor pursuits to develop team building and social skills
- Providing motivating music
- Timetabling girls and some boys' classes in the gym to allow for privacy.



The initiative resulted in

- Over 65% of Year 8s participating in a Handball competition
- an increase in the fitness levels of Indigenous girls
- a massive increase in participation rates at sporting events
- more students choosing to be active during breaks
- An Increase in active participation in PE. classes
- An Increase in socializing between students of different cultural backgrounds

## PHYSICAL INITIATIVE

**SCHOOL:** Eden Hill Primary School

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Many of the students at Eden Hill experience poverty, conflict and stress at home resulting in Non attendance at school and poor behaviour. The dance program aimed to give students something to look forward to and strive towards, as well as the opportunity to experience a wide variety of dance genres.



A dance group for Years Six and Seven was formed to inspire and motivate senior students to attend school on a regular basis and to develop and extend their interest in Dance.

Students are required to meet behavioural expectations in the classroom and playground in order to maintain their position in the dance group.

Membership of this group is promoted extensively and is seen as a privilege that is earned and is rewarded with praise and positive recognition throughout the school community.



The initiative also provides students with additional dance lessons, which they may not be able to afford out of school.

The Dance Group program has resulted in

- increased classroom engagement in both Dance classes and the classroom,
- improved self respect and respect for others
- a decline in the number of absentees and in referrals to the administration. and
- a number of the students continuing their passion for dance in Hampton SHS's dance program, winning selection via audition.

The program has been included into the school's business plan and a small budget has been allocated to assist with costs.

