



SPORT

Activity through sport provides a wonderful opportunity for schools and communities to provide a fun and enjoyable activity. Involvement in sport provides many benefits including the development of skills, understanding of how to play sport, improved physical fitness, being a part of a team, friendships, teamwork and the motivation to be active. School based sporting activity during this week promotes the importance of sport to children.



ACTIVITY SUGGESTIONS

- Round Robin Competitions of any sport – basketball, netball, hockey, volleyball
- Invite a local sporting club to conduct a coaching clinic
- Friendly Sports afternoon against another local school
- Teacher vs. Student Sporting Matches
- Tabloid Sports

ONLINE RESOURCES

AFL Victoria

www.aflvic.com.au/schools-2

Lacrosse

www.lacrossevictoria.com.au

Cycling Victoria

www.vic.cycling.org.au

Life Saving Victoria

www.lifesavingvictoria.com.au/education

Netball Victoria

www.netball.com.au/get-involved/netball-schools/

WheelTalk School Awareness Program

www.dsr.org.au/wheeltalk-program.aspx

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