



internet-based Professional Learning to help teachers promote Activity in Youth

Partnering with primary schools to increase physical activity, improve learning and overall health for all students.

What is iPLAY?

- A professional learning program, as part of a research study developed by ACU and funded by the NSW Department of Education School Sport Unit
- Teachers learn skills and strategies to conduct sport and physical activity lessons that engage and motivate students and improve behaviour and learning
- iPLAY improves teacher confidence as well as student physical activity and fitness levels
- Built around the NSW Quality Teaching Framework.

FACT
Physically active students learn more effectively and have greater academic results.

What's involved?

Over 3 terms teachers will receive:

- 1 x 2 hour Teacher training workshop conducted in each school
- 4 hours of online learning completed at each teacher's own pace
- Individualised mentoring for all teachers from a Health & PE teacher specialist
- Peer teacher and small group mentoring sessions.

Researchers from ACU will visit schools during one week in each of 2015, 2016 and 2017 to collect data that will evaluate the effects of iPLAY on teachers and students.

Benefits to YOUR school:

- No cost to your school
- 14 hours of BOSTES registered TPL at 'Proficient' for all teachers who take part in the study
- Extra hours offered at 'Highly Accomplished' for up to 3 iPLAY leaders in each school
- iPod Touch® and set of activity monitors for your school to own
- Access to iPLAY website and mobile app
- Individualised feedback and mentoring for all teachers
- Building capacity to teach sport and physical activity in your school.

Training includes:

- Whole school approach to planning so all teachers have access to resources, plus guidance with scope and sequencing
- Demonstration of evidence-based strategies to motivate and engage students
- Practical session to develop teacher knowledge, skill and confidence in teaching fundamental movement skills
- Critique of practice sample videos
- Individualised mentoring by a Health & PE specialist, including lesson observation and feedback.



Other benefits include:

- Parents are engaged through e-newsletters provided by the research team
- Support from local sporting organisations, via NSW Sport & Recreation
- Supports the revised DoE school physical activity policy
- iPLAY leaders conduct a school sport and physical activity review
- Student leadership program implemented by iPLAY leaders.

For more information, please contact:
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Our Team:



Associate Professor, Chris Lonsdale, *Institute for Positive Psychology and Education (IPPE), Australian Catholic University*. Chris is the theme leader for Physical Activity, Sport and Health Psychology at the Institute for Positive Psychology and Education (IPPE). His research examines the motivational foundations of physical activity behaviour in school and competitive sport. He utilises internet-based tools to deliver interventions that promote sustainable physical activity participation.



Professor, David Lubans, *School of Education, University of Newcastle*. David is the theme leader for school-based research in the Priority Research Centre for Physical Activity and Nutrition. His research focuses on the development and evaluation of physical activity interventions in school and community settings.



Mrs Anna Gonzalez, *Project Officer for iPLAY* within the IPPE faculty at ACU. Anna has also taught PDHPE in both Primary and Secondary schools across NSW and successfully established a business designed to promote physical activity amongst children.

