



GOOD PRACTICE / SPORT CLUBS

Playing for Life activity cards

by Australian Sport Commission

AIM & OBJECTIVES: To develop in school-aged children a love of movement and physical activity that will encourage them to play for life.

TARGET GROUP:

School teachers, sports coaches

KEY STAKEHOLDERS:

Children

DESCRIPTION:

Playing for Life activity cards are designed for daily use by teachers and coaches. Aligned with the Australian Curriculum and the Australian Physical Literacy Framework, these game-based activities are easily adapted to different sports and help create a safe, inclusive and challenging environment for children.

ADDED VALUE:

An easy-to-implement approach to integrating physical literacy into teaching.

LESSONS LEARNED:

If the lesson is well constructed students will not ask 'When can we play the game?' because they will already be engaged in game-related activities from the start.

RESOURCES & REFERENCES:

www.sportaus.gov.au/p4l