iPLAY

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



What is iPLAY?

- A professional learning program, and research study developed by ACU in conjunction with University of Newcastle and funded by the NSW Department of Education School Sport Unit
- Teachers learn skills and strategies to conduct sport and physical education lessons that engage and motivate students and improve behaviour and learning
- iPLAY improves teacher confidence as well as student physical activity and fitness levels

What's involved?

Over 3 terms teachers will receive:

- 1 x 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
- Data will be collected at 3 time points over a 2 year period to evaluate the effects of iPLAY on teacher and student outcomes

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
- Mobile device 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

NSW GOVERNMENT Education
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Institute for Positive Psychology & Education
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Partnering with primary schools to increase physical activity, improve learning and overall health for all students.

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:

- Parents are engaged through e-newsletters provided by the research team
- Support from local sporting organisations, via NSW Sport and Recreation and Sporting Schools
- Resources for classroom energiser breaks
- Supports the revised Department of Education school physical activity policy
- iPLAY leaders are provided with strategies to increase students, activity levels during recess and break times

Did you know?

Physically active students learn more effectively and achieve better academic results.



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. He utilises internet-based tools to deliver interventions that promote sustainable physical activity participation.



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, implementation and evaluation of school-based interventions designed to increase physical activity, fitness and movement skill competency among young people.

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