



Daily Fitness at Elizabeth Park



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Six years ago an activity was needed to encourage students to arrive at school on time and to aid teachers with delivering their lessons. Teachers constantly had to repeat their instructions for each student who arrived after the bell, making the mornings disruptive. Through this began the idea of running morning fitness across the whole school.

Daily Fitness activities are planned by the NIT Physical Education (PE) teacher each term and are implemented by our Year 6 / 7 students. Activities are always planned to ensure students have maximum participation, are able to develop their fundamental movement skills and enhance team working skills.

The Year 6 / 7 students are taught games at the beginning of each term and are also guided on how to implement these games. They are able to modify games as they see fit and are educated about positioning during games, ideas on how to ensure students are participating to their fullest potential, umpiring skills and instruction giving.

Each morning our Year 6 / 7 students will set up activities for classes, implement the activities during the 20 minute time slot and then pack activities up at the conclusion of Daily Fitness.

Through this the Year 6 / 7 students have been able to grow in their leadership skills by working with students across our Reception to Year 7 grades. Students have built relationships with other students within the schooling community, allowing them to identify with these students at break times and also work with them during lesson times. This has been particularly vital when students are having behavioural issues as often the senior students are able to talk to these students about their problem and aid them to solve any issues that might be occurring.



Through the implementation of Daily Fitness, students' confidence levels have increased, as they are required to communicate with the whole class through instruction and implementation of activities. Previously, these students would often hide in the background in their own classes, but during this type of activity there is no place to hide.

The students that are participating in the activities are able to enjoy a fun start to the schooling day, encouraging them to arrive on time. This means they are not missing out on vital teaching and

can run around burning off excess energy, preparing them for the day ahead.

Along with the above mentioned advantages of Daily Fitness there have also been multiple other benefits. Daily Fitness has aided in achieving our whole school goal of improving oral language and vocabulary across the curriculum. Students have had the opportunity to develop game appropriate vocabulary and are the facilitators of all games, with class teachers present for support and or behaviour management.

The Daily Fitness timeslot has also aided in the development of the 'Play is the Way' program. This is a program which teaches students to develop strategies to deal with various situations that they may encounter both during and outside of school time. The program is centred on students undertaking games and teachers using teachable moments from the games to help students become the boss of their behaviour and emotions as well as promote empathy towards others.

Over the last six years the Daily Fitness program has grown into a vital part of the culture at Elizabeth Park. It has demonstrated many benefits for the whole schooling community, which has enabled students to develop their own personal skills to aid them both in their schooling and beyond.

