



Riley didn't go to the athletics carnival last year in Year 7. He does not enjoy sport and feels self conscious about competing.

He likes walking while listening to music and he and his Mum use their home gym. A few of his friends are going this year and while he's anxious he's wondering whether he should go.

Small Steps for Riley

1. Riley's parents asked him about the athletics carnival coming up, they saw it online in the school newsletter. They encouraged him to find out about the structure of the day and what activities would be on.
2. Riley saw a poster about the athletics carnival. In the morning there was a tug of war planned for his year and in the afternoon there was a 3,200 metre walk for charity.
3. Riley asked a friend to go with him to check in with his PDHPE teacher to see what students were expected to participate in.
4. They went to the oval after school to see what a 3,200 metre walk would be like to do.
5. Riley arranged to meet up with two friends on the morning of the athletics carnival so they could walk to the oval together.
6. Riley attended the carnival as students as registering for timed and athletics events for the zone carnival was not compulsory.

School athletics and swimings carnivals should be inclusive so that kids of all abilities and with varying interests can take part.

Schools can

- Encourage participation of non sporty students or students who feel anxiety about competing in front of others.
- Ensure there is a focus not just on winning and regional selection but also on participation, social connection, and fun.
- Champion a 'have a go' attitude.

Schools can be creative to involve as many abilities and personalities as possible. Involve the SRC in planning.

Ideas include:

Novelty races, poster competitions, Year group or house tug of war, walk for charity, teacher/parent/senior student novelty race, photography volunteers, fair play/sporting behaviour ambassadors etc