

# Media Release

**The Hon James Merlino MP**

Deputy Premier

Minister for Education

Minister for Mental Health



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## YOUNG VICTORIANS ENCOURAGED TO GET A MOVE ON FOR HEALTH

The Andrews Labor Government is giving Victorian kids more opportunities to lace up the boots, hit the dance studio or slide down to a skatepark, as part of a refreshed campaign promoting physical activity.

Minister for Education James Merlino today announced the launch of the *Get Your Move On* campaign with AFLW star and captain Emma Kearney at North Melbourne Football Club as well as the latest Active Schools grant recipients.

*Get Your Move On* encourages kids to engage in 15 minutes of physical activity four times a day, through activities they enjoy – like walking their dog, riding to school, or kicking a football with friends.

It is part of the broader \$24.2 million Active Schools initiative ensuring all Victorians aged 5 to 18 years old have the skills, confidence and motivation to live a happy and healthy life by boosting their physical movement each day outside of school.

Active Schools supports schools to take a holistic approach to physical activity, recognising there is no single solution to shifting inactivity, and encourages kids to be active through quality physical education, quality school sport, active classrooms, active travel, active recreation and a supportive school environment.

Ninety-six Victorian schools have received \$30,000 through the latest round of Active Schools Grants, for the purchase of sports equipment, to upskill physical education teachers and to engage local organisations and clubs to deliver sporting programs.

The grants can also be used to make classrooms more active, encourage greater active travel to and from school through bicycle education programs, upgrade playgrounds to support greater physical activity, and provide opportunities for more recreation activities such as dance, Pilates or skateboarding.

### Quotes attributable to Minister for Education James Merlino

*"We want all young Victorians to find something they enjoy doing to get active – just for 15 minutes, four times a day – which is what this initiative is all about."*

*"Just a small amount of extra physical activity is all it takes to boost the social, physical and mental health of young people – in turn boosting educational outcomes."*

### Quote attributable to Member for Northern Metropolitan Region Sheena Watt

*"Victoria is the Education State – and that's about so much more than just what our kids learn in the classroom. We're investing to make sure students are getting the activity they need to keep them healthy and happy."*