

Telling our Story – who is listening

Australian Camps Association
2019 National Conference

Presenter: David Strickland

Department of Health and
Human Services (DJPR)



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childhood
summit • 2019



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Five health problems facing governments:

- **physical inactivity**
- **obesity**
- **mental health**
- **health inequalities**
- **climate change**



➤ Governments seek partners with solutions to these concerns

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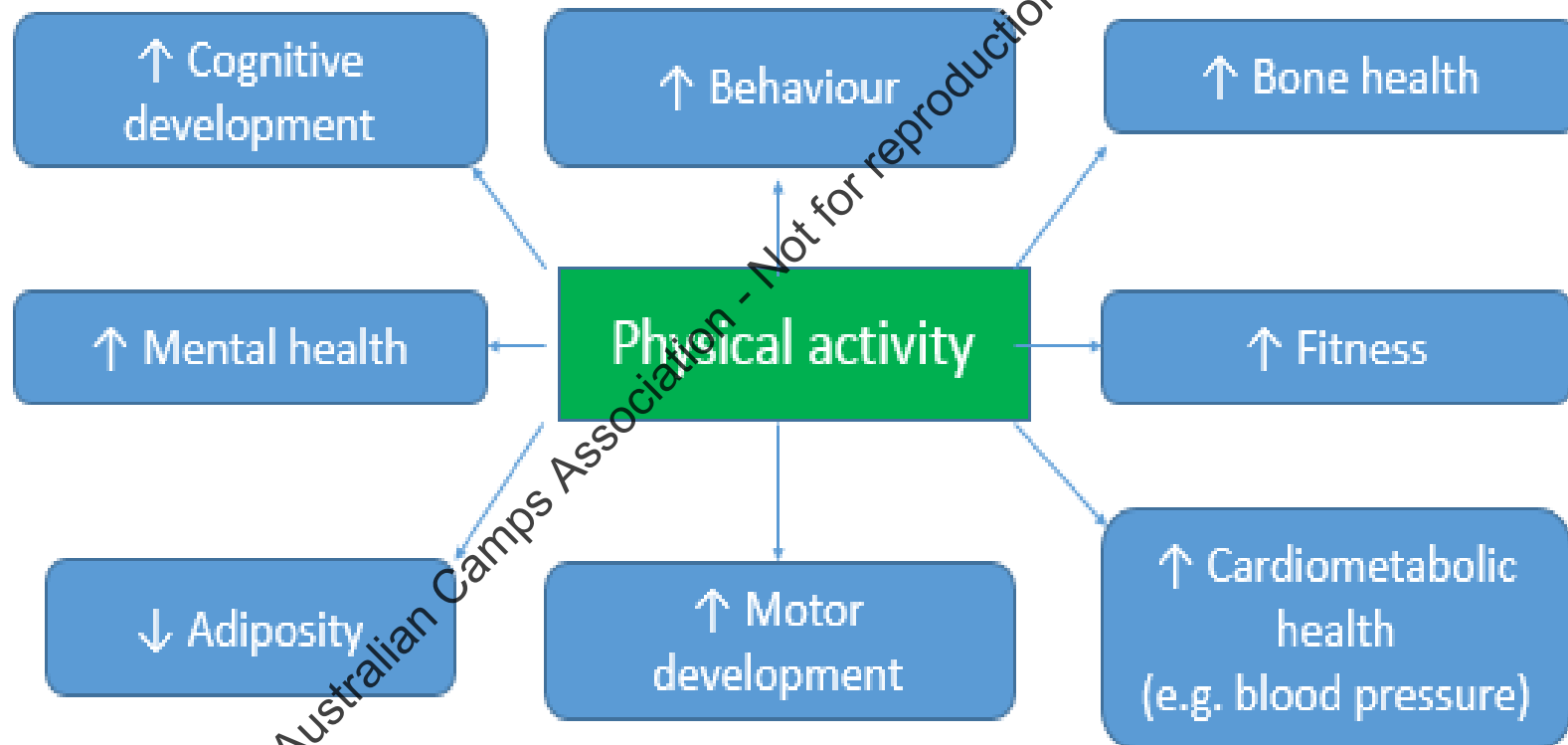
Physical inactivity

- **What does this mean for the future of camping program design, development and delivery?**
- **What opportunities exist for camping to partner with government to get people active outdoors?**

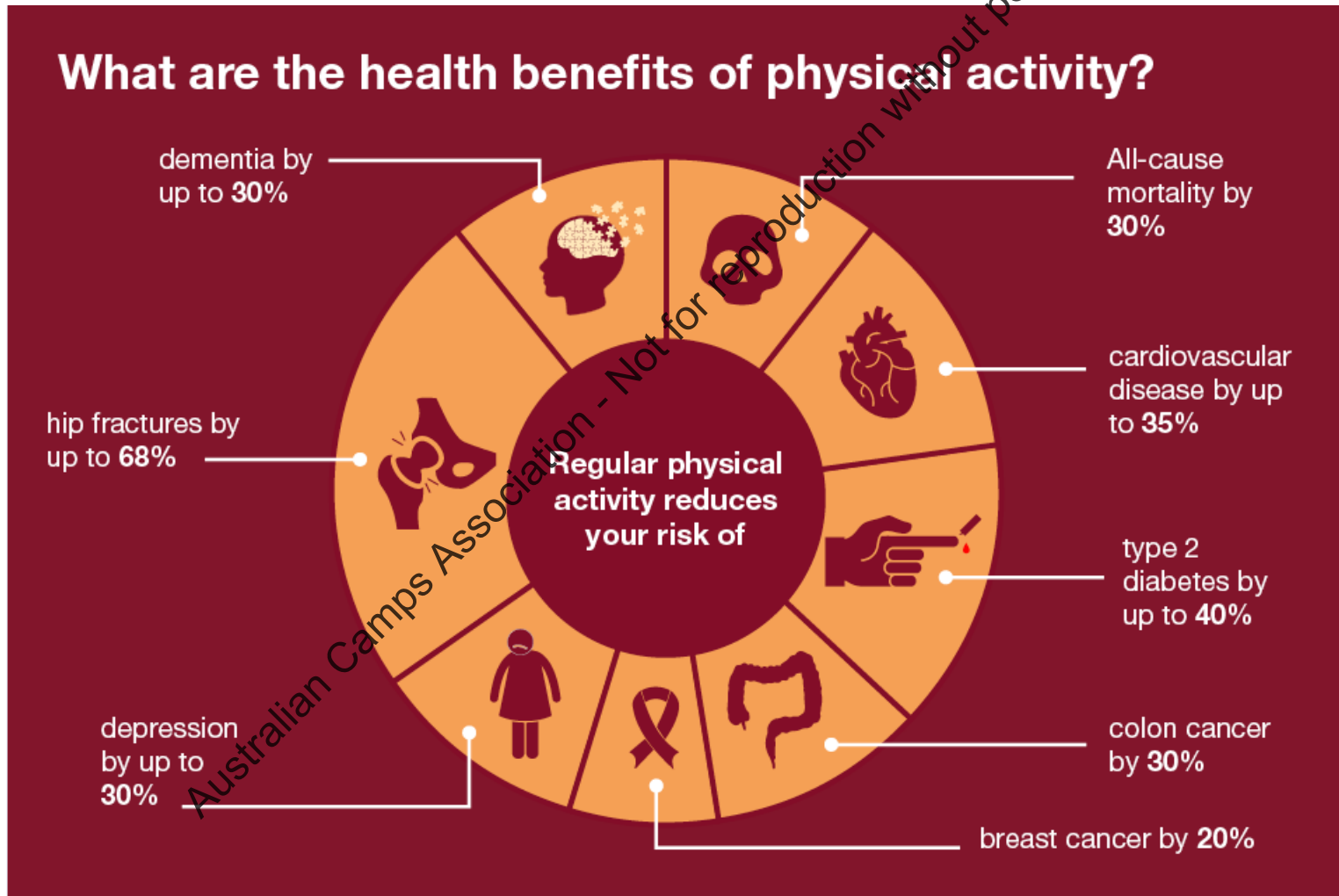
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What are the benefits of being physically active?



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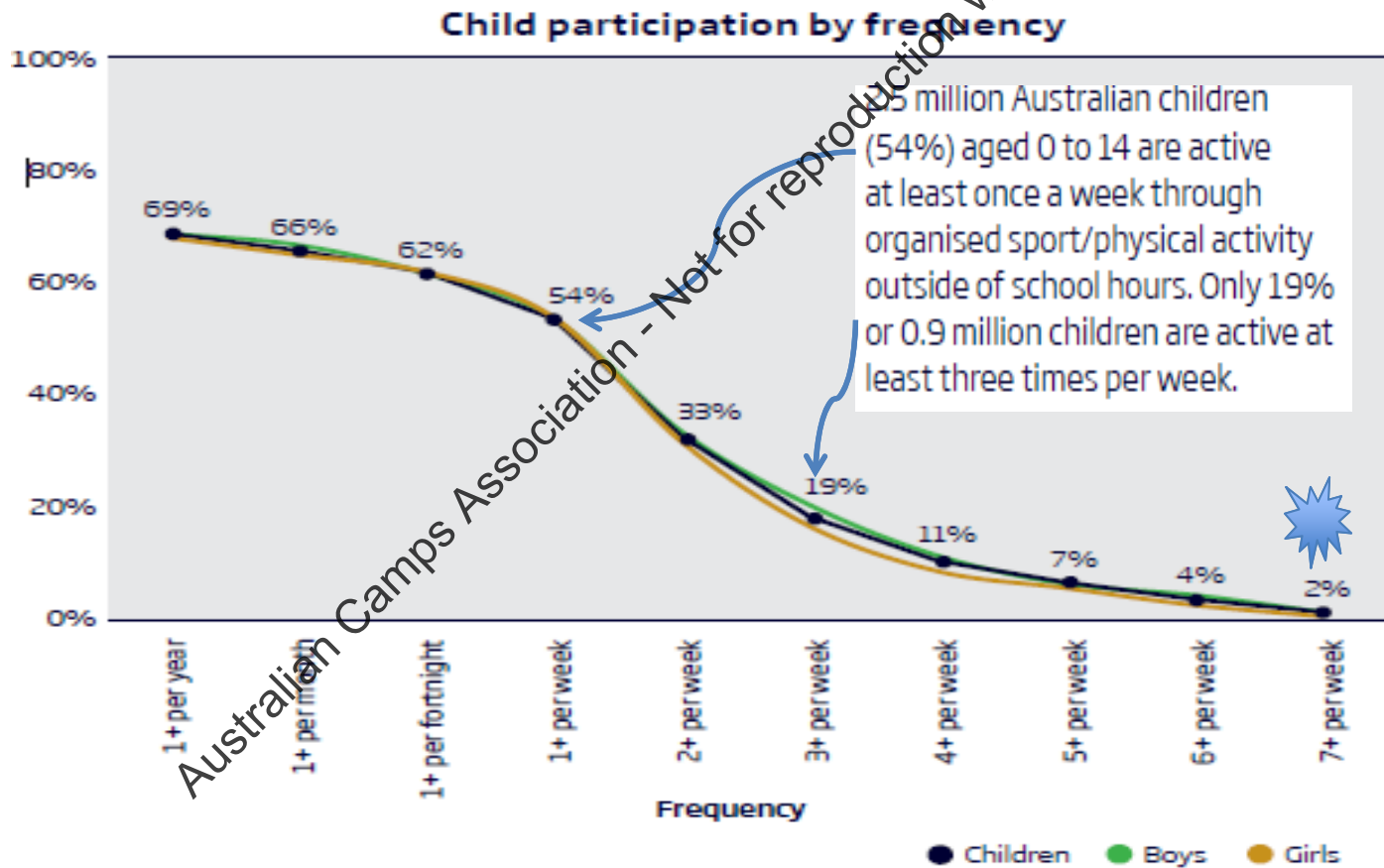
Psychological benefits of physical activity

These are features of camp programs and activities



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AUSPLAY- participation data for the sport sector



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Children's participation in physical activities

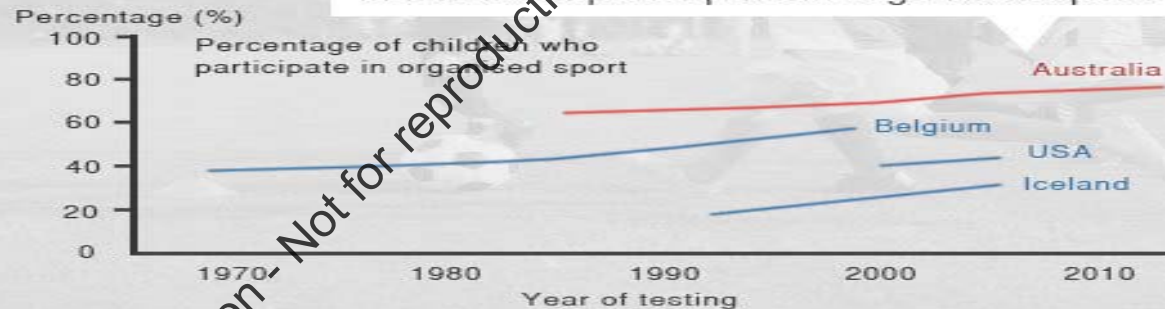
Rating of overall physical activity

The rating of D means that Australia is succeeding with less than half of all children

Mozambique	B
New Zealand	B
Mexico	C+
Kenya	C
Nigeria	C
England	D+
Columbia	D
Ghana	D
Finland	D
South Africa	D
Australia	D-
Canada	D
Ireland	D-
United States	D-
Scotland	F

Participation in organised sport

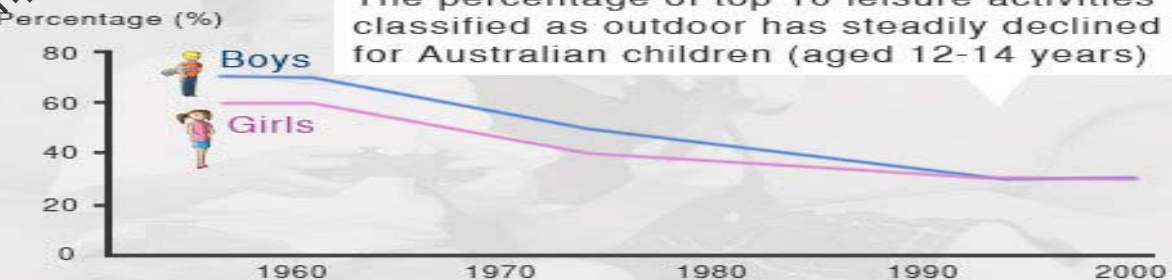
An increasingly high percentage of children in Australia participate in organised sports



But, despite this, an increasing amount of the most popular leisure activities for Australian children are taking place indoors

Participation in outdoor activities

The percentage of top 10 leisure activities classified as outdoor has steadily declined for Australian children (aged 12-14 years)



Source: 2014 Report Card on Physical Activity for Children and Young People

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Potential causes of physical inactivity

- Sedentary behaviours
- Lack of opportunity, means and motivation
- Risk averse parents and others with a duty of care
- Lack of physical literacy



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How can camps help?

- Physical literacy

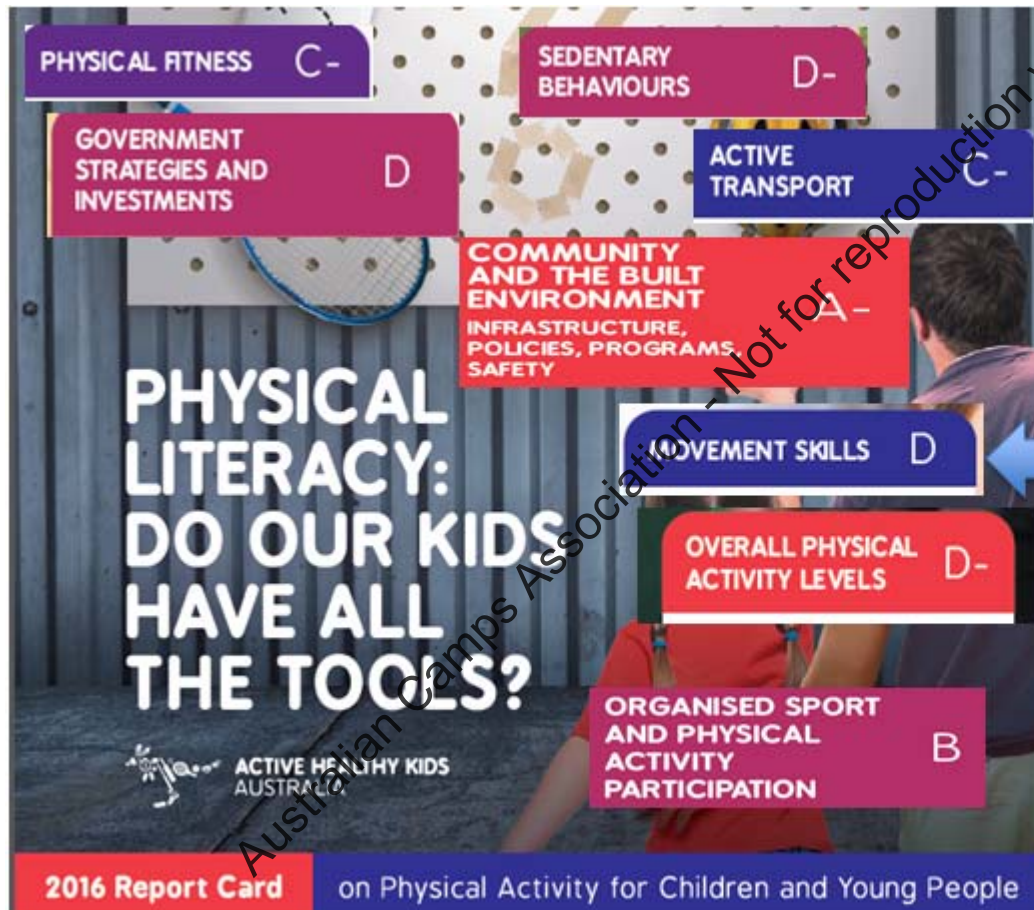
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(SMH, 24 July 2012)

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Physical literacy = the ability, confidence and desire to be active.

$$(A-) + (B) = (D-)$$

D	C
= succeeding with some but less than half of children and young people (21–40%); and	= succeeding with about half of children and young people (41–60%)

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Key physical literacy messages

- Physical activity and **fundamental movement skill** development during the ages of 0-5 years underpin much of a child's acquired physical literacy.
- Early competency of **fundamental movement skills** will encourage participation in lifelong physical activity.
- Children develop physical literacy gradually through a variety of structured and unstructured activities – active outdoor play, school PE, organised sport, etc.
- Physical activity contributes to the acquisition of Physical literacy, and physical activity is also the outcome of being physically literate.

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Fundamental movement skills

Object Control Skills

- Catch
- Kick
- Overhand throw
- Side arm strike
- Bounce

Locomotor Skills

- Run
- Jump
- Gallop
- Leap
- Hop
- Side Step

Stability Skills

- Balancing
- Twisting
- Body coordination
- Postural control
- Spatial awareness

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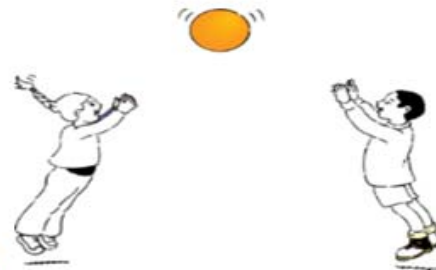
FMS mastery among children in Australia is low

30–40% of Australian adolescents do not achieve FMS mastery

Significant gender gaps in skill proficiency

Aussie kids are performing worse in skills such as kicking, throwing, catching and jumping than they were 30 years ago ...90% score below average when compared to American children of the same age

Girls object control skills are generally worse than boys



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Telling our Story – who is listening - Role for Active Outdoor Play

- Unstructured outdoor play with its risks provides greatest overall benefit (physical health, mental, emotional, cultural, social, cognitive)
- Closely supervised children are less active outside
- Children are more stimulated in natural rather than pre fabricated play structures
- Outdoor play in free, accessible and natural environments builds resilience, socialisation skills and facilitates healthy development.
- Children who spend more time playing outdoors have higher levels of physical activity
- Nature play is a form of outdoor active play

**Journal of Environmental Research and Public Health* (2015) www.mdpi.com/journal/ijerph

Position Statement on Active Outdoor Play ParticipACTION <https://www.participaction.com/en-ca/about>

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Victorian Memorandum for Health and Nature & Biodiversity Strategy released - 3rd April 2017

The Hon. Lily D'Ambrosio and the Hon. Jill Hennessey

Telling our Story – who is listening - the early years



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What does this mean for the future of camping program design, development and delivery?

It can be reasonably concluded that physical inactivity and increasing sedentary behaviours are emerging as very serious long term health and wellbeing threats for children; as well as potentially threatening the long term sustainability of camping through the lack of confident, willing and skilled participants.

Solution

Programs underpinned by a risk benefit approach that contribute to physical literacy will future proof the next generation for an active life by building the foundation for participation.

What we need from the Camping & Outdoor Learning Sector

Child and adolescent – programs that build the foundation for active and healthy lifestyles through:

- Contributing to physical literacy
- Active unstructured play opportunities (nature play)
- Embedding activity pathways post camp or outdoor program
- Life long activity skill development (eg bike riding, walking, water)
- Healthy eating
- Building resilience
- Mental health

What opportunities exist for camping to partner with government to get people active outdoors?

Current camping 'sell':

- Outdoor education
- making the case for camp (ACA & Redwoods)
- Solutions looking for problem
- self, others and environment is a common theme
- connecting people to nature through the outdoors
- Youth development

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What opportunities exist for camping to partner with government to get people active outdoors?

Future 'sell' re-engineer the design, development and delivery of camp programs targeting government priorities:

- physical activity/ physical literacy
- obesity
- teaching skill pathways for life long physical activity – bike, walk, swim
- settings for enhancing mental health and wellbeing, as well as cognitive and social development.

Tips on working with government

1 - your solution or project should be:

- **Cheap**
- **Simple** (to implement)
- **Easy** (to administer)
- **Popular**

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Tips on working with government

2 - in working on your solution remember **LEEPP**:

- **L**ink with allies
- **E**stablish the case
- **E**ngage decision makers
- **P**romote the cause
- **P**raise decision - makers

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Telling our Story – who REALLY needs to hear

Victorian public health and wellbeing plan
2015–2019



Protecting Victoria's
Environment –
Biodiversity 2037



EDUCATION
STATE:
SCHOOLS



Inquiry into
Women and Girls in Sport
and Active Recreation

A Five Year Game Plan for Victoria

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ABSOLUTELY
EVERYONE

State disability plan 2017–2020

12 July 2019

Context

2018 - International and National policy release in physical activity



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