



UNIVERSITY OF
NEWCASTLE

MOVE FOR WELLBEING SCHOOL PROGRAMS

Evidence-based Physical Activity Programs that Support Student Learning, Health, and Wellbeing

The University of Newcastle's Centre for Active Living and Learning has developed a suite of innovative, school-based physical activity programs aimed at enhancing students' health, fitness, wellbeing, and academic performance. These evidence-based programs offer flexible delivery options across Health and Physical Education, school sport, and classroom activity breaks. Each program is supported by high-quality resources and teacher professional learning modules, all underpinned by the Supportive, Active, Autonomous, Fair and Enjoyable (SAAFE) framework to enhance students' confidence, competence, knowledge, and motivation to be physically active.

SCHOOL-BASED PROGRAMS

- **Burn 2 Learn:** Evidence-based high-intensity activity breaks for senior secondary students to improve their health, fitness, wellbeing, and academic performance
- **Resistance Training for Teens:** Foundational resistance training program that builds adolescents' confidence, competence, motivation, and knowledge to participate safely in strength training
- **Burn 2 Learn adapted:** Inclusive program tailored for adolescents with disability, offering accessible high-intensity activity breaks
- **Learning to Lead:** A peer leadership program where older primary school students are trained in Transformational Leadership Theory to deliver fundamental movement skills sessions to younger peers.

PROVEN IMPACT

- **Evidence base:** All programs have been evaluated in high-quality cluster randomised controlled trials.
- **Scale of implementation:** 1,012 teachers from 595 Australian schools have been trained to deliver programs.
- **Student reach:** These programs have improved the health and wellbeing of more than 100,000 students across NSW.
- **Health improvements:** Demonstrated improvements in students' physical activity levels, body composition, and cardiorespiratory and/or muscular fitness, wellbeing and leadership skills.
- **Global adoption and adaptation:** Programs have been adapted and implemented in Brazil, Germany, Ireland, Denmark, Japan, Pakistan, and New Zealand.

TRANSFORMING GLOBAL PHYSICAL EDUCATION

The Danish Heart Foundation's decision to fund *the national scale-up of Resistance Training for Teens* in Danish schools highlights the global impact of this research. This investment followed successful pilot studies and represents one of many international adaptations of these evidence-based programs. To date, these student-centered physical activity initiatives have been implemented in 11 countries, with the SAAFE framework alone influencing more than 36 interventions worldwide—demonstrating that well-designed school-based programs can effectively transcend cultural and geographic boundaries.



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