



SALSA

YOUTH VOICES

Deedee, Bianca, Olivia, Lacey, Trent &
Tom



OUR PLAN

SMOOTH STEPS: A competition to improve physical activity in our community, through the easiest way possible: walking.

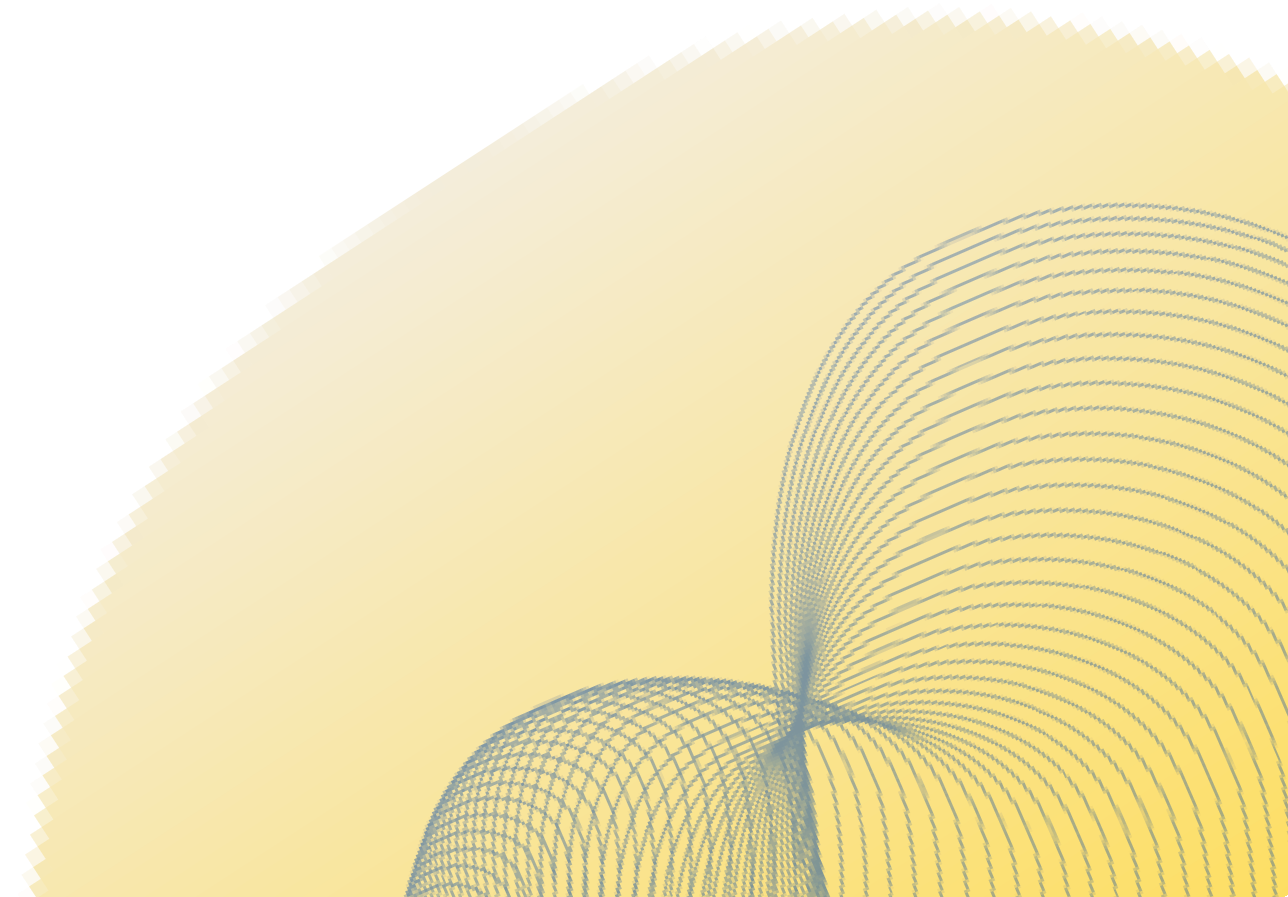
Goal 01

To enhance the overall well-being and health of our students whilst showing them how easy it is to be more physically active.

Goal 02

To increase positive social interactions during lunchtime.

Our larger goal is to see a maintained increase in the steps that our students are doing each day. We wanted our initiative to be a fun competition, with prizes to win, but also thought about the long-term effect.



THE PROCESS

Working as a team was an important part of our process. We created a simple initiative that had great intentions - to promote physical activity within our school community.

Step 1

After delivering the SALSA program to Year 7, we were left with multiple ideas, created by our junior students. We then attended the SALSA Youth Voices Day at the Giants Centre, where we were given the opportunity to brainstorm these ideas. This is where we worked together as a team to create our initiative, **Smooth Steps**.

Step 2

We met together at school to refine our plan. We originally wanted to sell smoothies as well, however, throughout the planning stage, our team realised that it was easier to create a simpler plan and deliver it well rather than trying to do multiple things. Simplicity was key.

Step 3

Our plan was finalised. We then focused on ordering the equipment and began promoting the campaign..



PROMOTING OUR PLAN

We used different strategies to grab the attention of our students. We had two main strategies:

- Posters on Yr Group Google Classroom
- Promotional Video

Our promotional campaigns had the prizes front and centre, to try and grab as much initial interest as we could.

SMOOTH STEPS

A COMPETITION TO IMPROVE YOUR HEART HEALTH AND TO KEEP YOU ACTIVE AT LUNCH TIME. YEARS 7-10

Week 6 - Week 9
Thursday Lunchtimes

STEP 1
COLLECT A Pedometer FROM 5G1 AT LUNCHTIME. BE QUICK TO MAKE SURE YOU GET ONE

STEP 2
WALK AROUND THE OVAL, TO SEE HOW MANY STEPS YOU CAN GET AT LUNCHTIME

STEP 3
RETURN YOUR Pedometer TO 5G1. SEE WHO Clocked THE MOST STEPS IN WEEK 9

4 X GIFT CARDS UP FOR GRABS!

\$50
rebel

\$100
rebel





A RECAP:

Since beginning our plan in Week 6, we have had 2 successful days implementing the Smooth Steps competition. So far we have noticed:

- Years 7 and 8 are the students most involved
- The oval has been a lot busier, which was great to see
- There has been a few empty tables around the school, which could show that students are getting up and moving around.



WHAT'S NEXT?

- Survey the students after the competition to identify whether their average steps per day increased
- Post the results along with all of the health benefits students would have achieved by simply walking at lunchtime.
- If the competition remains popular, discussion of whether we should run the plan on more than just 1 lunchtime a week will take place.
- Plan to continue this competition in future years - We could possibly hand it over to the future SALSA Leaders to continue.
- Possibly create an ongoing initiative that aligns with the schools merit/award system for an easy way for students to get house points.

