

BE FIT. BE WELL PLAY ON

The Victorian Institute of Sport (VIS) is excited to announce that from Term 3 the Play On program will be launched as part of the Be Fit. Be Well program funded by School Sport Victoria.

ABOUT PLAY ON

VIS Race walker and 2020 Olympian Jemima Montag was selected among a group of 25 athletes around the world as an IOC Young Leader for 2021-2024.

The IOC Young Leader program provides a grant for the athletes to build a sport-based social business that addresses a pressing local issue in their community and links to the Sustainable Development Goals.

Montag identified a decline in participation of young women and girls in sport and physical activity. This has led her to develop the Play On program.

Play On is an online resource that equips young female athletes with the knowledge and skills they need to continue enjoying sport.

Play On is broken into four key modules that address these barriers: Female athlete health; Mental health; Nutrition; and Inclusivity. In each of these modules, students will have access to pre-recorded presentations from impressive women experts - from Olympians to sports physicians, dietitians and the Director of the Office for Women in Sport and Recreation in Victoria. They can come back to these videos as well as the summaries of key take-aways at any time.

WHAT IS A PLAY ON VISIT?

From Term 3, Victorian Government schools can request a Play On themed visit with a VIS female Olympian/ Paralympian.

The Play On visits will be structured as a normal BFBW visit of a 1-hour duration with the athlete presenting on their story, delivering the key message of importance of playing school sport & staying active and with special focus on how girls can overcome their unique barriers to playing sport.

The presentations will also provide the students with the Play On resources that they can take home to watch in their own time and speaking about the opportunities for women in sport and how they can continue to enjoy it.

Even though the content is targeted young female athletes, the presentations can be attended by both female and male students. There will be a chance to communicate with the presenter prior to the visit to make sure the content is suited to the student group.

HOW TO BOOK

Government schools can place a booking request through our digital booking system and select Victorian Government schools.

Click [HERE](#) to book.

When booking, please request a Play On themed visit in the speaker brief.

Please note that the content is targeted secondary school students but we take requests from primary schools as well.

The speaker is free of charge for Victorian Government schools.

If you are a non-Government school, please enquire through VIS Reception for more information:

Email: vis@vis.org.au

Phone: +61 3 9425 0000

PLAY ON SPEAKERS:

ANABELLE SMITH



3 x Olympian (Diving)

MILLY TAPPER



2 x Olympian,
3 x Paralympian
(Table Tennis)

JEMIMA MONTAG



Olympian (Race walking)

BROOKE STRATTON



2 x Olympian (Long Jump)

TESS LLOYD



Olympian (Sailing)

LINDEN HALL



2 x Olympian (1500m)