



# Strategies to Support a Positive School Climate

## Sports and Clubs

Extra-curricular activities are those that are not a part of the normal school curriculum and include offerings such as: chess club, drama club, or student representative council or junior AECG. Extra-curricular activities can also take the form of sport or physical activity that is played as part of a team or individually (Caspersen et al., 1985).



### Why is it important?

- Students involved in sports and clubs experience higher levels of school connectedness (Martinez et al., 2016).
- Extra-curricular activities are linked to positive academic outcomes, such as students' grades and educational aspirations (Fredricks & Eccles, 2006).
- Student participation in sport is associated with positive mental health outcomes and improved psychosocial functioning (Eime et al., 2013).
- Participation in extra-curricular activities at school can increase students' social support networks (Schaefer et al., 2011).

## In Practice

Schools should provide all students with opportunities to engage in structured extra-curricular activity.



### What can schools do?

Participation of all students in extra-curricular activity can be supported by:

- Encouraging every student to become involved in at least one extra-curricular activity, such as a sports team, a drama or debating club, a school band, or a volunteer activity.
- Gauging student interests and talents and offering a wide variety of activities that align with those pursuits.
- Offering expanded scheduling (e.g., before school, lunchtime, after school) and removing age-based restrictions to create opportunities for all students to participate.



### In the Classroom

Teachers can help support student involvement in sports and clubs by:

- Working with each student to document their interests and encouraging opportunities that align with those interests.
- Promoting participation in extracurricular activities with parents and caregivers.
- Limiting lengthy homework assignments to afford students the opportunities to participate in after school activities.
- Leading by example by establishing and getting involved in extracurricular activities at the school.

## References

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