



eat well be active— Primary Schools Newsletter

December 2009

Merry Christmas

Christmas Games and Activities for week 9

Rick and Kirsty would like to wish everyone a Merry Christmas and look forward to working with you in the new year. As you begin to plan for the 2010 school year please keep in mind the menu of professional learning activities that we have offered you and your school. We'd enjoy the opportunity to work more closely with your staff each term to implement your sites plan.

Welcome

Welcome to our Phase 2 schools. Rick and Kirsty have met with almost all of our new school principals and look forward to working with these schools in building capacity in Physical Activity and Healthy Eating.

Project Update

Rick’s metropolitan and Whyalla phase 1 schools have shared their school development plans during a recent workshop and celebration. Interestingly, many of the schools plans that were shared although site specific had similar themes and key focus areas. We would like to say a big thank you to the teams for sharing their plans and congratulate you on a wonderful achievement. For those schools that have not sent their plans electronically can you please do so by the end of the school year.

Kirsty’s phase 1 schools have participated in information workshops in their local clusters. These workshops have included:

- An introduction to the project
- ACHPER’s strategic approach,
- Information and resource sharing in Healthy Eating and Physical Activity
- The sharing of best practice ideas and strategies.

Workshops were held in Clare, Farrell Flat, Kadina /Bute and Maitland during terms 3 and 4. Other clusters including the Barossa, Fleurieu, the Mid North and Metro clusters North, South and West will participate in their information workshops early in 2010.

Christmas Movement / Dance Lesson

Print out movement ideas chart. Divide the class into small groups 4-6. Have each group roll a 10 sided dice 4 times or pick 4 numbers out of a Santa hat (have multiples of numbers 1-10). Each number selected corresponds to a movement. Using some Christmas music e.g. Hi 5-“Santa Claus is coming”, or other Christmas songs give groups 10 minutes to choreograph a movement sequence which demonstrates the four movements they have randomly selected. The movements should flow into each other with a distinct start and finish freeze. Encourage the students to use a variety of formations when doing their movements. When the groups are performing their sequence the audience try and guess what numbers (movements) the groups are performing.

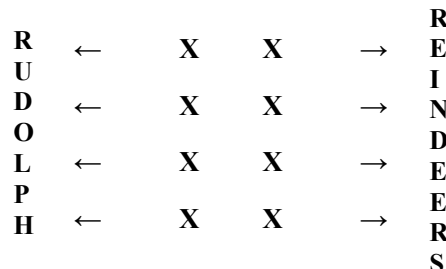
1	Rudolph prancing (skipping, leaping, galloping)	5	Christmas Stars (Two jumps of any kind)
2	Hanging the Star on the Christmas tree (reaching one hand a time)	6	Christmas Toys (robots or other toys moving)
3	Santa belly laughs (hands on hips)	7	Christmas Elves (Running)
4	Rolling baubles (Do some sort of roll)	8	Angels flying (Arm swings, jumping jacks)
9	Mistletoe step (grapevine, step together,)	10	Stocking Fillers (Arm moves, curls,)

Rudolph and Reindeers

Area: Grassed 20 metre square

Equipment: 2 Cones (same colour) for each pair of students

How to play: Ask students to pair up and select a pair of matching cones. Line students up in two lines across the middle of the square as train lines about 1- 1.5metre apart. Students face the front with feet touching either side of their cone. One line of students is Rudolphs and the other line is Reindeers. The teacher calls either name and each time you call a name one point is ‘up for grabs’. If you call Rudolph, the Rudolph’s have to run to their home (the closest outside line) before being tagged by their reindeer partner. If Rudolph makes it they win the point. Likewise if you call reindeers they run to their closest line. Have fun with calling the names, e.g. Rrrrrrabbits! Rrrrrrudolph If someone moves they lose a point! Every now and then walk down the middle of the line and ask student to call out the points they have won.



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