

GREAT ACTIVITIES TO TRY IN PE WEEK

Classroom Activities

- PE quizzes in homeroom
- 'Cook off' with fruit kebabs and smoothies
- Dance lessons
- Physical Activity stations
- Buddy activities
- Aerobics
- Poster day
- Visit from Sporting clubs
- Wear pedometers
- Class dresses as favourite athlete or in team colours



Lunch Time Activities

- Zumba classes
- House Tug of war
- Healthy eating
- Skipping competitions (jump rope)
- Wheelchair sports
- Volleyball competition
- Basketball round robin tournament
- Badminton
- Table tennis
- Disco

Whole School Activities

- Whole school Health Hustle
- Sports day/Athletics carnival
- Coaching Clinic
- Active after school activities
- A Duathlon (bike and run)
- Community walk
- School gardening
- Nude food day
- Ice skating
- Mini Olympics



Physical Activity suggestions from participating Schools...

East Adelaide Primary School

East Adelaide Primary School were involved in many activities throughout *be active* Physical Education Week 2010. The A-thon which involved three different circuits was a great activity for grades R-3, 4-5 and 6-7. They used development officers and other fun activities.

Special Healthy food lunch order day was created and organised by the school canteen was run for all students at East Adelaide Primary School and proved to be a great way to get the children eating healthy foods.

The Whole school dance-athon was a highlight for the students being a great way to get the whole school involved in an activity that is simultaneously run across the state. It was in the gym at 9:30am and was an active 30 minutes of fun organised by ACHPER.

A beautiful walk along the River Torrens was another activity that some classes were involved in during PE week 2010, just another great way to be physically active and include the whole school community

Stickers and certificates were a great benefit for the school students during PE week to be rewarded for their efforts and take home a little something special from the week other than a fun experience.



Nicolson Avenue Primary School

PE Week at Nicolson Avenue Primary School was a warm one in 2010 but that didn't stop our 380 students enjoying a number of active and healthy activities over the five days.

Monday's activity was part of the integrated curriculum approach that we have used in our school to ensure health is being taught. Each class was given a \$50 limit to find a healthy lunch or snack idea for all class members to enjoy. The class voted on the best recipe idea and from there put together their snack or lunch in class. Some of the healthy snacks and lunches included fruit smoothies, wraps, vegies and dips and fruit salads.

The box car rally was Tuesday's main event. This began at the start of the term as an art project with the students being divided into groups of 5. They had to turn a cardboard box into a vehicle of some description in preparation for the race in week 5. There were some exceptionally creative ideas including a school bus, rocket ships and race cars. The 5 lap race for each year level took place around a designated track on the school oval with obstacles such as chicanes, high jump mats, poles and skipping ropes in place to cause problems for the drivers. The groups of 5 lined up in pit lane and ran one lap each changing drivers each lap. The winning team was the first group to finish.

On Wednesday of PE week we had the SRC organise a series of lunchtime sports and activities in which they set up, umpired and scored. Basketball, Soccer, Netball and dance were just a few of the activities that were enjoyed by all.

Thursday was our PE day which was a mix of athletics and a celebration of the Daily Physical Activity program that we implemented in early 2010.

Overall it was a fantastic week which was enjoyed by all. The students showed a greater appreciation for eating healthy and also benefitted from regular physical activity in a number of different ways.

Lockleys Primary School A GREAT Nutrition Assignment Suggestion

Creating a Healthy Alternative Breakfast Cereal

This newsletter article was compiled by Lockleys Primary School students Gerard and Leonard from Mr. Barber's Year 6/7 class who undertook a unit of work on healthy eating that was presented by Kristy Crouch - ACHPER (SA)

Design and evaluation – Time line can vary (Best offered with access to ICTS, 50min lesson)

Breakfast is the most important meal of the day. Numerous studies by scientists and brain researchers have shown that children who eat a healthy breakfast perform at a higher level than if they have eaten high sugar breakfast or even worse no breakfast at all.

Some cereals claim to be Healthy but they are too high in sugar, fat or sodium!

Your task is to create your own healthy breakfast cereal and become world famous! A Judging panel of prestigious, Healthy Breakfast eating people will assess your product on its healthiness and market appeal.

Mission:

In pairs or individually, you need to complete the following

- Create a name and logo for your cereal box
- Using cardboard and glue guns construct a cereal box
- Complete your cereal box with appropriate decoration, it must include
 - Nutrition panel
 - Ingredients listed in descending order
 - Weight
 - A slogan/Jingle
 - Best before date
 - Bar code
 - Recycle logo
 - Any other marketing strategy which will help in the selling
- Write a one page exposition to the National Health Foundation convincing them as to why your cereal deserves their tick of approval.

Assessment Rubric:

	<u>MORE PLEASE!</u>	<u>TASTY TREAT</u>	<u>OK, BIT BLAND</u>	<u>SOGGY MUCH</u>
Construction	Polished finish High quality	Well finished Good quality	Some mistakes Fair quality	Looks cheap Poor quality
Marketing appeal	Very eye-catching Market leader	Eye-catching Top ten	Lacks appeal Lower shelf	Boring and Dull Bottom shelf
Nutritional value	Very Healthy Healthy TICK	Healthy Healthy TICK	Some benefits Occasional treat	Unhealthy Poor for your diet
Presentation	Attention to detail Pride in effort	Looks good Pleasing effort	Looks OK Fair effort	Looks tacky Lack of effort
Report	Very convincing Strong evidence Fluent, well edited	Convincing Sound evidence Fluent, few errors	Partly convincing Some evidence Quite fluent, some errors	Unconvincing Lacks evidence Jumbled, many errors

Cont...

Lockleys Primary school-A GREAT nutrition ASSIGNMENT suggestion

Better Breakfast - Here are some quotes of what the children thought...

"It was really fun making and designing the box" - Brittany

"Choosing the name of our cereal was hard. We changed it three times" - Beth



"In my opinion, it was the best technology subject" - Alex

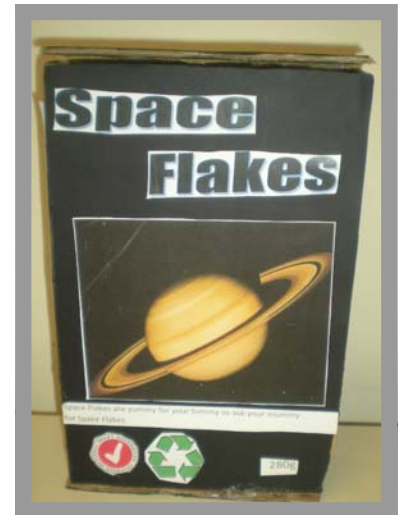
"I enjoyed all of the brain breaks" - Ryan

"Doing Health with Kristy was fun, I learnt how to read nutritional guides" - Sophie

"I enjoyed making the back cover" - Ricardo

"I had fun working with my partner" - Alfred

"I liked creating the title and the front cover" - Liam



Mr B's Evaluation

Shaun Barbers, 6/7 Teacher at Lockleys Primary School

"The project was both interesting and engaging for the students from the beginning.

Each activity throughout the unit of work contained educationally rich and relevant information.

I, along with my class benefited greatly from Kristy Crouch's expertise and enthusiasm.

A great way to learn about the topic of Nutrition!"

