

GREAT ACTIVITIES TO TRY IN PE WEEK



Classroom activities

- Fitness Circuit
- Obstacle course
- Crazy Hopscotch
- Healthy cooking
- Dance
- Wearing pedometers
- Students plan activities for the week
- "Fruit Day"
- Visit local sports clubs

Lunch time activities

- Obstacle course
- Mini golf
- Picnic lunch
- Dance competition
- Badminton
- Volley ball competition
- Jump Rope
- Circuit



Whole School activities

- "Nude food day"
- River ramble (walk along creek)
- "Cook off"
- Kite flying in local park
- Beach walk
- Healthy breakfast
- Ride/walk to school day
- "No wrapper" day
- Healthy lunch orders from canteen

PE WEEK PHYSICAL ACTIVITY SUGGESTIONS FROM PARTICIPATING SCHOOLS

From St. Paul's Lutheran Blair Athol

Despite the unrelenting heat, most of the planned 2009 Physical Education Week celebrations and activities were fulfilled. There were many highlights during the week.

Monday's whole-school Health Hustle in the Leisure Centre was certainly one of those. We had a Healthy Food focus and Angus (Stage 1) certainly enjoyed it, as he was a fan of Mrs. Semmler's frozen pineapple circles ('I had five,' he said). On Thursday, we held 'golden-oldie' yard games, which included yo-yos, marbles and elastics. On Friday, we had an inspirational guest-speaker, Paralympian and dual gold medallist, Anthony Clarke.

Gerri (Stage 3) reflected, "I am amazed that, as a blind athlete, he chose a sport like judo, and even more amazed at his achievements at the Paralympics and in being a world champion."

Graham Denton's excellent, interactive 'Junkfood Jim and the Flying Circus' was brimming with healthy lifestyle messages for students and teachers alike.

Special thanks must go to the organising committee and to senior students and staff for their wonderful support.



Direk Schools

Our school had a wonderful lead up to Physical Education week in 2009. We had a hugely successful whole school Sports Day which incorporated Tri-skills activities. We started the day with a guest speaker from the Centrals footy club, followed by a whole school aerobic warm up that we had previously practiced in our team meetings. The aerobics was a routine that was taught to teams by their elected House Captains. The assembly was a great sight to see with everyone in their house colours.

The first event for the day was year level sprints, followed by relays. After recess, tri-skills events included -combat relay, trampolines, vortex throws, airgym, dance, and the ball machine. The school community was really thrilled with the activities and we plan to incorporate them again in 2010.

Our school canteen excelled in providing special pre-ordered healthy lunch packs and recess treats that included fruit kebabs, yoghurt cups, smoothies and frozen fruit.

Although it was very hot during Physical Education Week, we still managed to have some modified activities that took the place of a planned lunchtime aerobic class, a walk around the local lake and a volley ball competition.

Our school also completed the PBAC and we managed to have 96% of our school population receive medals. We were so proud!

We are looking forward to the next Physical Education Week in 2010.

MORE PE WEEK PHYSICAL ACTIVITY SUGGESTIONS FROM PARTICIPATING SCHOOLS

Scott Creek Primary School

Physical Education Week in 2009 at Scott Creek Primary was a hive of activity. The Year 5, 6 and 7 students organised a range of fun activities using a "circuits" program to involve the whole school. The 72 students from Reception to year 7 were divided into 8 teams and each day for 4 days these teams completed 4 different activities. The rotation through these fitness games saw every child active for 40 minutes daily.

We had a range of activities that included; marks up, poison ball, soccer penalty shoot, tiger tails, wall ball, hoola hoops, 2 square, basketball, follow the leader obstacle course, hoop dash, "duck, duck, goose," 3 way soccer, catch ball, scrub chasey, cricket and bomb ball.

On the 5th day the students organised a whole school game of "French and English" on the oval. The events ran smoothly and were highly enjoyed by all.

Sharing fitness activities across the year levels strengthened the links students have with each other and further developed the connectiveness of our school community.



Parkside Primary School

Physical Education Week in 2009 at Parkside Primary was the culmination of an Inquiry Study for the two Middle Years classes who had many experiences and researched, discussed and thought about, 'What does it mean to be healthy?' Students presented their final power points, charts, posters, research, philosophies etc. to their classes. The Monday of Physical Education Week was our second and final visit to Gymnastics SA, where students learnt about stretching and tried a huge range of activities in the magnificent facilities. Next on the agenda, students tried some sports with which most were not familiar: badminton, indoor cricket and soccer, volleyball and basketball. For this day, students organised healthy picnic lunches and recess snacks.

Students planned their second 'student-led sports day' where they worked on eight different committees to plan and execute a team-sport based day. Teams were made up of eight participants and sports chosen included rugby, volleyball, beach bat tennis, netball and soccer. Committees covered sport and team selection, newsletters, setting up, running the day/ announcements, sponsorship, catering, safety, weather, fun, prizes and more. Allowing our students to plan and run these events has given them great skills and knowledge about conducting sporting events.

We had planned a sporting and cultural exchange with Norwood Primary, designed to encourage low-key activity and the opportunity to discover the value of pre-existing friendships and new friendships as part of our Inquiry Study. We had plans to vote on students playing in the right spirit and to have our choirs sing together as well as catering with healthy canteen lunches. The teams were mixed between the schools and a feature was teaching the wonderful team sport of korfbal to the Norwood students. Unfortunately, excessive heat caused the cancellation of this day's activities, but we shall invoke all of our plans in 2010.

Students celebrated the end of a hot week with every student congratulating another student and presenting the PE Week certificate. The Middle Years students also received their Premier's be active Challenge medals as the first in our school to complete the requirements.

In 2010, every student will take part in regular Physical Education lessons with a specialist Physical Education teacher and engage in a student-led fitness programme throughout the year.

MORE PE WEEK PHYSICAL ACTIVITY SUGGESTIONS FROM PARTICIPATING SCHOOLS

Victor Harbor School

60 students enjoyed their time in glorious conditions at the beach and grassed areas of the Esplanade at Victor Harbor. Beach cricket offered the students games with lots of hits and "HOWZAT" on the sand and in the water. Volleyballers had a great time playing under the blue Southern skies while Boot camp had two teams sweating it out vying for champions of the beach enduring cameo-netting and imaginary razor wire. Students collaborated together to build bridges through treacherous mine – fields and engage in loads of fun.

Over 20 activities were offered in total so that all classes from schools were able to participate in at least 3 sessions. All students were provided with water, fruit and encouraged to invite family and friends for a shared picnic lunch with their class.

ACHPER sponsored the day and the district's Be Active coordinator for the Southern Fleurieu and Kangaroo Island, Jeremy Bell, assisted with programming. Our Active After Schools Community district manager Maryann Thompson also providing her time and linked our school with many of the providers for the day, from our region. This was hugely successful enabling us to link our site and region with local clubs for the benefit of student participation in after school club membership. Provided activities ranged from Belly dancing, fencing, taekwondo and boot camp, to the more traditional sports such as baseball and football.

The day proved to be highly successful and certainly enhanced awareness of Be Active programs and allowed students the opportunity to participate in so many different activities.

Over 650 students were involved and certainly seemed to enjoy the day. This event will certainly be on the calendar for next year, let's hope the heat stays away.

Loveday Primary School

Every week Loveday Primary has a major focus on Physical Education activities with daily whole school fitness for 30 minutes and a weekly 1 hour block of whole school sport. These activities are used to help complete the Premier's be active Challenge. The students enjoy the benefit of having a playground covered with artificial turf.

Traditionally Loveday Primary has their own school sports day during Physical Education Week. In 2009 it was held 2 weeks later.

The fun sports day involved the children being placed in 3 teams and competing in individual and team events. The individual events included sprints, soccer dribble, hockey dribble, egg and spoon race, long run and running backwards. The team events included sack race, fire brigade, rescue relay, across the river and rob the nest.

The students as individuals and teams, watched by visiting family members, displayed outstanding sportsmanship, participation and enjoyment.

