

PROMOTING PE WEEK AT YOUR SCHOOL

be active Physical Education Week celebrates the importance of the Health & Physical Education Learning Area in all South Australian Schools. **Why not include some information on your involvement in your school newsletter, information for parents or flyers around the school.** This page offers a range of useful ideas for possible promotion.

Sample School Newsletter Snippet Information

- ◆ School communities are **taking the challenge** and being active this week as *be active* Physical Education Week (8th – 12th November) is put into practice by up to 50,000 school students in over 150 schools across the state. With current rates of obesity and inactivity increasing there has never been a more important time to promote active and healthy living.
- ◆ **Did you know?** Children should be physically active for at least 60 minutes a day and spend no more than 2 hours a day surfing the net, watching tv or playing video games.
- ◆ **Encourage both moderate and vigorous activities every day.** As a family, aim to do a range of different activities that helps children develop healthy bones, muscles and joints. Do more moderate exercise like brisk walking and vigorous activities that make everyone 'huff and puff'. A game of footy or netball in the backyard will get the blood flowing.
- ◆ **Go for 2&5**– Most people know that fruit and vegies are good for you. For good health, it's recommended you eat at least 2 serves of fruit and 5 serves of vegies every day. For children, of course, serves should be adjusted according to their age. www.gofor2and5.com.au
- ◆ *be active* Physical Education Week highlights the importance of children and young people aged 5–18 years of age **undertaking at least 60 minutes of moderate to vigorous physical activity** every day to keep healthy.
- ◆ Insert details of your school's program for Physical Education Week. (e.g. xyz school is celebrating *be active* Physical Education Week by conducting, include **what, when, where and who**, why not include a photo, what exciting/unique activities are being undertaken?).
- ◆ Eating breakfast is important for kids as it fuels their bodies and brains for their daily activities. Breakfast gives kids bodies the nutrients they need to grow and develop, and the energy to play, concentrate and learn.
- ◆ ***be active together***—Quality time isn't time in front of the TV, or eating takeaway food in the car. Plan some trips as a family. Picnics are great at the park or the beach. Being active together will improve personal relationships and get your family communicating better. **Take every opportunity to *be active*!** Find out more by visiting www.beactive.com.au
- ◆ **Eating more fruit & veg is easy**– It's easy to get 2 fruit and 5 veg into your diet. Grab an extra piece of fruit or veg for a snack. It's a quick and easy way to increase your daily fruit and veg intake. For more tips go to www.gofor2and5.com.au or www.healthyactive.gov.au
- ◆ Did you know that being **physically inactive** doubles your chance of a heart problem and increases your risk of developing some forms of cancer? Being active regularly helps maintain a healthy heart and reduces the risk of conditions such as obesity, depression, diabetes and some cancers. All it takes is finding 30 minutes or more of activity throughout your day if you're an adult – and 1 hour out of your day if you're younger.
- ◆ ACHPER believes that child and student centered health and physical activity programs which enable children to **enjoy their involvement** while developing skills, knowledge and understanding are most likely to lead to sustained commitment to physically active and healthy living into adulthood.
- ◆ *be active* Physical Education Week is a statewide initiative of the Australian Council for Health, Physical Education and Recreation, ACHPER (SA), and supported by the South Australian Government through the Office for Recreation and Sport and SA Health.

Please send any school promotion (newsletters) or media information (newspaper mentions) you develop to ACHPER (SA) by fax 8232 7133 or email info@achpersa.com.au

For further information check out some links on the ACHPER (SA) website, www.achpersa.com.au
 The website features useful **links, ACHPER Position Papers** (Obesity, Place of HPE in the Curriculum and User Pays) and much more information. ACHPER Members receive additional advocacy information as part of their membership benefits. There are many websites that have useful information that can be utilised easily and included as snippets in school newsletters, notes to parents or thoughts for the day.
 Two great websites are: www.gofor2and5.com.au and www.beactive.com.au