

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.

Possible School Newsletter Snippet Information

- ★ ***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
- ★ **Spend quality active time together** - As a family plan some trips that are free. There are many free activities like a family walk or a game in the backyard, visiting the local park, beach or a picnic
- ★ ***be active* Physical Education Week- celebrating the importance of Health & PE** - Health and PE is the area of the curriculum that is directly concerned with the development of skills, knowledge, understandings, values and attitudes that will counter so called lifestyle diseases that are widely acknowledged as representing an unprecedented threat to the health and economic future of Australia. This is celebrated through PE Week 2011
- ★ **Help your children to find FUN things to do besides watching television** - Play schoolyard games at home like hopscotch and jump rope, make instruments out of kitchen items and dance to the music you make, play some one-on-one basketball or netball
- ★ **Be a positive role model for your child** - Show your children how you are active by taking the stairs instead of the elevator, get off the bus one or two stops early and walk the rest of the way, go for a walk after dinner with the family
- ★ **Teach your children skills** - Teach your children skills to help them be physically active like skipping, riding a bike, skating, throwing, catching, hitting and kicking a ball
- ★ **School communities are taking the challenge** and being active this week as *be active* Physical Education Week (14th – 18th November) is put into practice by up to 50,000 school students in over 200 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.
- ★ **Our 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?

Please send any school promotion (newsletters) or media information (newspaper mentions) you develop to ACHPER (SA) by fax 8362 9800 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 utilized 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