



# Introducing...

## *be active.* Physical Education Week

Welcome to *be active* Physical Education Week 2010 which will be conducted from **8<sup>th</sup>-12<sup>th</sup> November 2010**. ACHPER (SA) - The Australian Council for Health, Physical Education and Recreation (SA Branch Incorporated) invites your school **to participate** in this event, one of the largest weeks in the South Australian school calendar that **celebrates the importance of active and healthy living in the lives of South Australian children**. In 2010 we seek to attract over 50,000 students, from more than 200 schools from all sectors, and also involve student's families and local communities.

*be active* Physical Education Week celebrates its 26th annual event in 2010. This significant event with the commitment and enthusiasm of numerous teachers, other professionals and volunteers, has helped to develop a recipe for *be active* Physical Education Week which appeals to and involves many children and adults.

*be active* Physical Education Week offers South Australian students the chance to participate in a variety of activities and learn new skills. The week also offers teachers, parents and local communities the opportunity to be involved.

The **resource booklet** features a range of support information that is most useful for *be active* Physical Education Week but also your schools ongoing programs. We encourage you to carefully explore this comprehensive booklet including:

- The opportunity to register to be involved in the week and register for free stickers – page 6
- A range of activities and ideas for school based participation
- Information to support quality physical activity and healthy eating programs in schools
- Examples of 2009 participating schools involvement– great ideas for your school for 2010
- An outline of programs and resources that can support your school
- An opportunity to attend a number of metropolitan based come and try activities– excellent ideas for physical activity based excursions
- Please consider nominating your school, an educator or volunteer for a *be active* Physical Education Week award (*page 16*). All awards are presented at the IDM Sports Physical Education Week Dinner on November 5th (*page 12*).

We acknowledge and thank our sponsors who without their support, this event would not be possible. Special thanks to the Government of South Australia through the Office for Recreation and Sport and SA Health for their ongoing support. Support is also provided by Credit Union SA, IDM Sports, Mt Lofty Spring Water, South Australian Cricket Association and Tri Skills Australia.

Health & Physical Education is the crucial area of the curriculum that provides education for children to learn how to lead healthy lifestyles now and in the future; that is, lifestyles characterised by and recognising the importance of health and physical education and physical activity for physical, social, emotional and spiritual wellbeing. All students have a right to receive quality physical education teaching and learning programs - *be active* Physical Education Week promotes these crucial messages.

ACHPER (SA) 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.

At a time of ongoing growing community concern of inactivity and obesity, we invite you to promote active and healthy living in your local school community and join with us in 2010 to celebrate our theme of '**Moving, Learning & Achieving**'.

# *be active* PHYSICAL EDUCATION WEEK AIMS

*be active* Physical Education Week in 2010 will be a celebration of physical education and physical activity in its 26th year. The innovative and significant week seeks your involvement.

**DEFINITION:** *'Physical Education is the part of a child's education which uses activity as the primary medium for education. Physical Education is any process which increases a child's ability to participate in a socially responsible way in physical activity in the form of games, dance, gymnastics, aquatics, fitness, adventure activities and other leisure pursuits.'* (ACHPER 1993).

***be active* Physical Education Week 2010 aims to highlight the importance of:**

- 1 establishing positive attitudes towards participation in regular physical activity and healthy eating practices at an early age;
- 2 having physical activity in the school curriculum and the relationship between physical activity and its natural outcomes (sports, recreation, fitness and related health benefits);
- 3 establishing a general skill base at an early age to provide access and create options for involvement in physical activity now and throughout life;
- 4 enabling schools to showcase their physical education/physical activity programs;
- 5 promoting school and community partnerships to offer localised opportunities for active and healthy living (parents, local facilities, clubs);
- 6 promoting the benefits and providing a focus to help motivate schools, teachers and parents to improve the delivery of quality regular physical activity to children;
- 7 educating teachers, parents and children about crucial messages and opportunities like *be active* initiatives including Go for 2 & 5 and Right Bite;
- 8 encouraging South Australian children to strive, within their own abilities for excellence in performance and share this with the wider community audience, while enjoying the benefits of physical activity and healthy eating;
- 9 providing a safe and healthy environment for all participants, officials, administrators parents, teachers, volunteers and spectators;
- 10 acknowledging the important contributions of teachers, volunteers and the school community in delivering quality physical activity programs;