

Moving, Learning & Achieving

SIMULTANEOUSLY Across the State

Activities your WHOLE SCHOOL can participate in...

- Step 1.** Choose your whole school activity from the list below or come up with one of your own.
- Step 2.** Get your teachers, staff, students and parents excited about the *simultaneous whole school activity*.
- Step 3.** Make sure you let all participants know that schools across the state will be active at exactly the same time! 9.30am Friday 12th November 2010.

As an option, if your school wishes to be involved in the simultaneous Health Hustle (just one of the great ideas below), simply tick the box on page 6 to be sent mate-

Benefits include:

- Enables the school as a whole to participate in a fun, engaging physical activity
- Provides students with an opportunity to socialise with peers outside their normal classroom environment.
- Suitable for all of your school community—parents welcome
- Everyone can increase their level of physical activity

Whole School Activity Ideas Include:

- "Jump Rope for Heart" Jump off
- Beach Games
- Whole School Walk/ Bush walking
- Aerobics
- Dancing (when using music, please be aware of copyright issues)
- Health hustle
- Orienteering
- Picnic Lunch
- Treasure Hunt
- No Wrapper day
- Nude food day
- Healthy Breakfast
- Ride or walk to school day
- Healthy lunch day
- Circuit
- Fruit day
- Beach games

Get your WHOLE
SCHOOL
involved in an
activity

