

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.** Or use the FREE information provided by ACHPER (SA) on how to run a Health Hustle that your whole school can participate in, register now (see page 6).
- 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 18th November 2011.

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 materials and instructions to assist in your planning.

Benefits include:

- Enabling the school as a whole to participate in fun and engaging physical activity
- Providing 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:

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

Get your
WHOLE SCHOOL
involved in
an activity

