

# 10 reasons to be involved in Physical Education Week 2017



**1** Wave the flag for Health & Physical Education - celebrate why this learning area is crucial and highlight the physical, emotional and social benefits associated with this essential area of focus;

**2** Your school can promote the benefits and provide a focus to help motivate teachers and parents to improve the delivery of quality regular physical activity to our children;

**3** Use the week to acknowledge the important contributions of teachers, coaches, volunteers and the school community in delivering quality physical activity and sport;

**4** Establish positive attitudes towards participation in regular physical activity and healthy eating practices from an early age;

**5** Use the week to celebrate and showcase your school's physical education/physical activity programs;

**6** Encourage children to strive within their own abilities for excellence in performance, while enjoying the benefits of physical activity;

**7** Access the comprehensive resource booklet and gain simple ideas on how to enhance opportunities in your school community;

**8** Include newsletter inserts to highlight school and community partnerships and localised opportunities for active and healthy living (parents, local facilities, clubs);

**9** Develop innovative activities to establish a general skill base at an early age to provide access and create options for involvement in physical activity now and throughout life;

**10** Highlight healthy eating information to your school community to encourage maximum results of combined focuses on physical activity and healthy eating.

Physical Education Week in 2017 will be a celebration of physical education and physical activity in its 33rd year. This innovative and significant week seeks your involvement to help celebrate!

*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).*

