



# ACHPER



## The Health and Physical Education Week

### **BIG IDEAS**

#### Booklet

#### **INTRODUCTION**

*Health and Physical Education Week is held annually throughout Australia - a celebration of the skills students learn in their Health and Physical Education classes. The Week provides an opportunity for teachers, students, parents and local communities to highlight their interest in, and knowledge of, the value of Health and Physical Education and physical activity in general.*

*The 'Health and Physical Education Week Big Ideas Booklet' is for both specialist and non-specialist health and physical education teachers. It contains ideas for junior primary, primary and secondary school students.*

*By developing educational and enjoyable health and physical education programs, students will be provided with the basis to continue to participate in physical activities for life.*

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## SUGGESTIONS FOR HEALTH AND PHYSICAL EDUCATION ACROSS THE CURRICULUM AND ACROSS THE YEARS

- Secondary schools could run a 'come and try' sports/games/dance expo for the local primary schools. Invite the students into your school and have the Year 11 and 12 students instruct them in a variety of sports. Rotate activities every half hour.
- Have primary school children give physical activity demonstrations to secondary students.
- Cross-age tutoring within the primary school.
- Invite local kindergartens to join in Physical Education lessons for a morning or two.

**English** - writing sports reports, entering the ACHPER Story Writing Competition, collect newspaper articles on health issues/sport and analyse, removing headlines from sports reports and ask students to create new ones, how many words can you make from 'health and physical education', borrow relevant books from the library, conduct debates on topics associated with sport, body image, obesity, fast food, leisure choices.

**Art** - posters promoting physical activity and healthy eating, art and sculpture related to movement, posters advertising club and community sport opportunities.

**Science** - exercise physiology, biomechanics, sports injuries and prevention and nutrition analysis.

**ICT** - webquests related to health, physical education and sport, software to assist biomechanical analysis of movement, create a school health, physical education and sport web page, video dance performances.

**Technology** - explore the application of heart rate monitors, pedometers, video analysis of movement, digital cameras in physical education classes.

**Music** - songs about health topics, as a stimulus for movement, creative and social dance to music.

**Maths** - graph the results of surveys (study activity/food choices during recess/lunchtimes, attitudes to physical activity, favourite football teams, active/inactive leisure activities), keep statistics and records of school sport results, use a pedometer to measure student physical activity during the day.

**Health** - study the Department of Education *Guidelines for School Canteens* and compare with your school canteen; have a 'specials' day offering healthy food choices at the canteen; risk factors associated with inactivity; the physical, emotional and social health benefits of being physically active; study the National Physical Activity guidelines for Australians; Heart Health activities using the Heart Health Manual; prepare a gallery of photographs of a range of activities and have students respond in terms of contribution to health.

## COMMUNITY INVOLVEMENT

- Invite the parents to the school for a Health and Physical Education Open Day.
- Invite parents to come and observe Health and Physical Education lessons.
- Familiarise students with their local community:
  - Take students out to community centres.
  - Discover what recreational centres/activities are in the local community (*research before visiting 1 or 2*).
  - Find out names of contact people for local tennis, football, netball, basketball clubs, youth clubs, scouts/guides etc.
- Write to your local newspaper with details of your school sports stars and/or Health and Physical Education Week activities. Request a photographer. Do this 2-3 weeks ahead
- Take an advertisement out in your local newspaper promoting your upcoming Sports Day, Sports Dinner etc.
- Invite a local sports association to run a coaching clinic.
- Encourage club registrations by school students:

<i>eg Calisthenics</i>	<i>Football</i>	<i>Lawn Bowls</i>
<i>Self-defence</i>	<i>Croquet</i>	<i>Golf</i>
<i>Gymnastics</i>	<i>Orienteering</i>	<i>Netball</i>
- Write to State Sporting Associations requesting complimentary tickets to games.
- Invite senior citizens for an afternoon to see dance and gym displays. Ensure food provided is in line with healthy eating models.
- Students create a questionnaire and survey family or other students to find out what motivates them to try new sports or activities. Results could be published in the school newsletter.
- Highlight risk factors associated with a lack of exercise through:
  - *articles in the school newsletter*
  - *assembly*
  - *local paper*
  - *posters.*
- Investigate the development of community fitness activities (eg bike rides - 'Around the Bay in a Day'; fun runs - 'MCG Run', 'Puffing Billy Run', 'Sussan Fun Run'). Discuss the reasons for their popularity.
- Organise and run a biathlon/triathlon. (*Contact Triathlon Victoria for help.*)
- Invite a Sporting Exchange. This could be city/country or interstate.  
Tip: start with a small number of sports.
- Have a Sports Dinner for your top sportsmen and women, inviting parents.
- Invite a local personality to join in your activity.

- Arrange Exhibition games/matches, *eg get a local star to play/run against school's best (tennis, hurdles).*
- Share with a neighbouring school:
  - *modified games and sports*
  - *Folk Dance*
  - *New Skill*
  - *A facility eg gym, pool, oval.*
- Have a Come 'n Try day for parents.
- Invite a Sports Development Officer to your school for a day (refer to contact details on the ACHPER Victorian Branch website under Links, Sports Directory).
- Conduct a clinic on modern/square/bush or other dance styles.
- Ask teachers and parents to offer elective programs *eg. walking, jump rope, ball games, dance activities etc.*
- Have a parents working bee to paint the playground, mark sports courts, repair broken playground equipment etc.

## GUEST SPEAKERS

- Invite a guest speaker to an assembly, Year 12 class, or all girls group, for a particular sport.
- Invite a sports nutritionist.
- Invite a guest speaker to discuss body image.

## JUST FOR TEACHERS

- Add a putting green or table tennis area for staff use.
- Invite class teachers to watch a sports practice.
- Invite the school parents association to run a healthy morning tea for staff.
- Wear a pedometer and record the number of steps a teacher walks during the day - gradually increase to 10,000 steps daily.
- Run after school/lunch time relaxation/yoga/tai chi classes.

## LUNCHTIME ACTIVITIES

- Have lunchtime competitions between
  - *classes (home groups)*
  - *staff/students*
  - *PE groups*These can be either organised by the staff or students.
- Disco in the gymnasium/activities hall.
- Bike Hike.
- Have a gymnastics pyramid or balance display.
- Intra-school lunchtime competitions.
- Have displays of different activities each lunchtime.
- Modified games.

## A-THONS/FUNDRAISING

- Performance Night - charge a fee but don't call it a fundraiser!
- Long distance run/walk (sponsoring runners for each kilometre completed).
- Conduct a 'marathon' for your favourite charity (for example, the Heart Foundation).
- Fun-a-thon, *eg with obstacles.*
- Skill-a-thon, *eg*
  - *netball*
  - *basketball*
  - *soccer*
- Dance-a-thon.
- Bike-a-thon.
- Jog-a-thon.
- Walk-a-thon
- Sports Quiz Night.
- Wash and vacuum teachers' cars to raise money for a sports excursion.
- Conduct a raffle of a piece of sports equipment with money raised going towards physical education equipment.

## PUBLIC DISPLAYS

- Put on a display in your local shopping centre.
- Run a fitness circuit or a Jump Rope display in a popular local venue.
- Gym or dance are also most effective in shopping centre displays.
- Encourage older students to organise a public display in their local area.
- Create a collage, mural or poster showing a healthy school community.

## GAMES

- Have a week of making up new games. Do this every year and develop a school book.
- Conduct a mini-Olympics.
- Indoor Games Day (*or afternoon*) eg *carpet bowls, quoits, bocce, duster hockey*.
- Introduce non-traditional school sports and activities eg *marbles, co-operative games, frisbee, team building activities, bocce, skittles, games from around the world, rollerblading, skateboarding, circus skills*.
- Obstacle races.
- Make a putt-putt course.
- Tabloid sports.
- Learn new minor (or lead up) games.
- Try playing games with limited or restricted equipment.
- Write up favourite games and display them.
- Adapt the rules of well known games to make them more inclusive.
- Have students participate in both familiar and unfamiliar games while considering the effect the games have on the body (eg heart rate, respiration, social and emotional health benefits).

## DANCE

- Disco Dance – *have a lunchtime disco*  
– *invite someone from a local radio to run a lunchtime show.*
- Square Dance
- Folk Dance
- Bush Dance
- Multicultural Dance – *invite a group to take workshop sessions.*
- Expressive movement
- New Dance - classes create their own dance. Originality counts.
- Whole School Health Hustle. Try this activity when starting the day or a Sports Day.
- Create your own video clip of a dance routines to popular music. Incorporate into the design a routine that requires co-operation and communication among participants. Video student performances for a 'Video Hits' program.
- Schools with large numbers of ESL children could have them display their national dances.

### ***“Have you thought of doing .....*”**

- A school movement to music class in the morning with all the school.
- A creative dance or dance drama class, modern or any other class with other classes watching.
- Link a ‘theme’ from other curriculum areas using dance as the focus.
- Making a video using media studies students – on a dance related activity.
- View a dance video-film – have a session on ‘criticism’ or write a review.
- Invite a dancer to come and speak on the profession.
- Visit a dance training college.
- Invite a company to perform at your school or attend a performance.
- Visit a dance studio and observe a class and/or a rehearsal.
- Hold a mini 'Rock Eisteddfod' for 2/3 local primary schools.

## GYMNASTICS

- Do the Awards from the GymFun program or if students are advanced from the GymSkills program.
- Conduct a gymnastics clinic.
- Introduce aerobics/acrobatics/cheerleading as part of the gymnastics program.

## CIRCUITS

### ***AEROBIC/EXERCISE CIRCUIT***

**Formation:** Divide participants into 4 groups, each group stands in a corner of the gym/playing area.

- Aerobic
  - all jog on spot in corner
  - then 2 people cross diagonally to other side
  - then 2 from other corner jog to other side
  - when everyone has crossed over then steps change, ie
    - flick kick in corner then move
    - flick kick backwards
    - hop over
    - jump and clap over
    - run 2 3 jump over
    - side step over

Develop these steps and others by adding arm movements.

### ***EXERCISE CIRCUIT (with or without music)***

List sets of exercises with instructions on how to do them and put at each corner of the gym. Students complete set numbers of each exercise or continue for a time limit. When finished jog or sprint to next corner.

#### ***Corner 1***

- line jump
- sit ups

#### ***Corner 2***

- side leg raisers
- scissor jumps

#### ***Corner 3***

- tricep push ups
- jog on spot with heels touching buttocks, and arms up and down in air.

#### ***Corner 4***

- jog with high knee lifts
- cross over sit ups

### ***SPORT SPECIFIC CIRCUITS***

Choose exercises and skill drills specific to a sport and have students rotate to each station as above. Include individual and partner activities.

## SPORTING IDEAS

- Tee ball
- Minkey relay
- Sprints
- Obstacle relay
- Tug-o-war
- Sack relay
- Tunnel ball wheel relay
- Softball
- Cricket
- Table Tennis
- Mini Touch
- Hockey
- Korfball
- Athletics
- Soccer
- Volleyball
- Sofcrosse
- Health Hustle
- Iron Man and Woman event *eg distance run, bike laps, walk, skip and sprint.*
- Gymnastics displays
- Sprint finals
- Whole school fun dance
- Biathlon, Triathlon or Pentathlon
- Kanga cricket
- Aerobics
- Weights
- Squash/racquetball
- Calisthenics
- Croquet
- Lawn bowls
- Orienteering
- Golf
- Netball
- Football
- Tai-chi
- Race-walk
- Archery

## SPORTS DAY

- Hold your Sports Day during Health and Physical Education Week.
- Remember when planning, consider:
  - *student's enjoyment*
  - *staff enjoyment*
  - *need to reflect the Physical Education programs running in the school*
  - *continual participation of all students*
  - *retention of some school traditions*
  - *SunSmart policy*
- 'Grand Prix' Derby Day
- Life. Be In It. Promote parent participation, group co-operation and friendly competition.
- Invite the parents to join in and rotate through the games/activities.
- Tabloid Sports Day.
- Old fashioned or pioneer games day perhaps with dress up.
- Non-traditional Sports Day.
- Conduct a multicultural Sports Day. Encourage secondary students to identify the games themselves before teaching the other students.
- Conduct an Ancient Games Sports Day

## DISABILITY

Health and Physical Education Week is an opportunity where schools can demonstrate the meaningful inclusion of all students in enjoyable physical activity.

Most physical education activities can be readily adapted to cater for the needs and abilities of all children in the school. An excellent resource to assist teachers is *Willing and Able*, published by the Australian Sports Commission, 1995.

- Have an athlete with a disability speak to students at school.
- Run a wheelchair basketball clinic.

## WATER BASED

- Aquarobics
- Canoeing/kayaking
- Boat races (*or if you can't get to the water try a local version of 'Henley-on-Todd a' la Alice Springs'*).
- Invite a Surf Life Saving Club to run some activities for students.
- Surfing

## OUTDOOR EDUCATION/RECREATION

- Abseiling
- Indoor rock climbing
- Hiking
- Leisure walks in the hills
- Canoeing
- Horse-riding
- Orienteering
- Practice camp cooking
- Go fishing
- Put on an Outdoor Education Display

## WITHIN YOUR SCHOOL

- Encourage the whole school to be aware of Health and Physical Education Week and to participate in it.
- Have one special day in the week where the whole school does:  

<i>1. fitness activities</i>	<i>2. skill lesson</i>
<i>3. lunchtime organised activity</i>	<i>4. healthy lunch or breakfast</i>
<i>5. after-school activity.</i>	
- Mass school aerobic class (in or out of school).
- Group activities throughout the school, *eg exercises that deal with speed, strength, endurance etc.*
- Have an inter-class challenge.
- Perform a skit or demonstration at the school assembly.
- Have a Picnic Day.
- Have a compulsory 'Tracksuit' day for both teachers and students.
- Conduct a school survey to establish why students do or don't get involved in sports and what sports they would like to play.
- Have a giant tug-o-war.
- Survey sports participation of teachers and students.
- Conduct a Power Walk (*on or off school campus – remember to check the route first*).

- Have a Girls Day. Focus on:
  - *yard usage*
  - *equipment*
  - *providing places such as classroom or school hall for dance/jump rope at lunchtime*
  - *invite a female guest speaker to talk to children about participation in physical activity*
  - *sports that offer girls competitions (eg Women's Soccer, Women's Cricket, Basketball).*
- Conduct class tournaments during class time.
- Launch a Sports Committee as an official part of your school's policy making body.
- Launch Sports Award Certificates which are given to all students who play interschool sport regularly for the school *ie 1 certificate per sport.*
- Conduct the ACHPER 1.6 km run for your whole school and compare average time for each age group.
- Launch a specific Sports Newsletter for your school. This could be published between your regular newsletters.
- Have a Physical Activity and Health message in your daily bulletin.
- Create a School Record Board and mount it in your gym.
- School cross-country run (*on or off the school grounds*).
- Use Health and Physical Education Week as an opportunity to explore the issue of bullying.
- Group activities that focus on team building and cooperation.
- Add contact pages within websites and email addresses.

## PERSONAL DEVELOPMENT FOR STUDENTS

- Introduce a stress management program for students.
- Conduct pre or post-lesson relaxation and/or stretching periods.

## OTHER

- Cycling demonstrations.
- Aerobics Day – get the whole school involved and invite the mums and dads.
- Bike Processions – decorated bikes come to school. Try some formation riding or invite a BMX club to give demonstrations.
- Skateboard or rollerblade marathon. Dress up and make it interesting.
- Hacky Sack or Sacky Hack  
Can use a bean bag or tea towel tied in knot or nerf ball or paper screwed up into a ball.  
Keep this object in the air by using any part of the body (except the arms).  
Can time how long you can keep in air or how many times it hits parts of the body.
- Cut, mark and roll the sports pitches.
- Encourage everyone in the school to have a jog or walk before school.
- Encourage bicycle safety.
- Make up Health Hustles with new music.
- Collect posters from Community health agencies to put on a display eg Heart Foundation, Anti Cancer Council etc.
- Beach Volleyball competition.
- Hold your Jump Rope for Heart ‘Jump Off’.
- Enlarge your long jump pit to make a ‘beach’ volleyball court.
- Conduct a Health and Physical Education Week poster competition.
- Conduct an exhibition of past and present projects done by Year 12 students.
- Make up skipping routines to music.
- Students could collect advertisements during Health and Physical Education Week that show services and products related to health, food choice or physical activity. Follow up by discussing how the advertisement is intended to appeal and how advertising might influence the choices that people make.
- Make a Physical Education video.
- Conduct a make-a-game competition.
- Encourage students to walk to school.
- Document alternative entertainment to TV/computer games.
- Have a photo competition/display where students bring a photo of themselves doing a physical activity.
- Conduct skills tests.
- Dress up as your favourite sportsperson.
- Make a kite – go fly your kite!
- Make your own outdoor volleyball court with 2 permapine posts and a net on grass.
- Discuss images of health as shown in the media. Consider sporting heroes, elite athletes, movie stars, models. Students explore whether they are considered to be 'healthy' and if the images are realistic.