



ACHPER QLD's Health and Physical Education Week

	HEALTH	CLASSROOM ACTIVITIES	BEFORE SCHOOL, LUNCHTIME & AFTERSCHOOL ACTIVITIES
Monday	<p>READY STEADY COOK OFF P-12</p> <p>Students and teachers are given a bag of healthy ingredients and try to come up with a healthy meal item in a specified time limit. Younger students may have all ingredients pre-cut and display their items in a fun way on their plate.</p>	<p>CARDIO DRUMMING P-12</p> <p>Takes a simple movement like drumming and turns it into a full-body workout that will leave your students smiling, sweating, and feeling great. Your equipment can be as simple as cut up noodles for drum sticks and a chair or desk to beat, blast out an upbeat song and your students will be asking to do this every chance they can get.</p>	<p>TEACHER VS STUDENTS GAMES P-12</p> <p>Students love the opportunity to try to beat their teacher in games.</p>
Tuesday	<p>HEALTHIER KIDS VIDEOS P-8</p> <p>Nestle Healthier Kids Videos cover a range of topics – everything from nutrients in foods to hydration, to sport and how to read a food label! https://www.n4hk.com.au/other-resources/online-videos</p>	<p>JUST DANCE P-12</p> <p>Exercising has never been so fun! Dance to kid-friendly songs and choreographies for a fun experience that will get your students puffing but wanting to do more.</p>	<p>SKIPPING CHALLENGES P-12</p> <ul style="list-style-type: none"> • How many jumps can you do in 30s? • Follow a skipping routine or make up your own <p>Figure 8 Long Rope Challenge – Once the first participant jumps through the rope someone needs to jump through the rope every time it turns. (This means as soon as the person in front jumps through the next person in line should be prepared to jump through.)</p>

<p>Wednesday</p>	<p style="text-align: center;">MEDITATION</p> <p>7-12 https://www.headspace.com/articles Get students feeling less stressed and more mindful with Meditation. Learn how to stay present and build healthy habits.</p>	<p style="text-align: center;">FITNESS CHALLENGES</p> <p>P-12 Easy activities you can implement quickly and cater for many students.</p> <ul style="list-style-type: none"> • Plank Challenge • Wall Squat Challenge 	<p style="text-align: center;">LAP-A-THON</p> <p>P-12</p> <ul style="list-style-type: none"> • Running • Swimming • Scooter • Walking
<p>Thursday</p>	<p style="text-align: center;">FRUIT SUPPLIED BY P&F</p> <p>P-12 Ask your friendly P&F / P&C group to supply fruit for your students. You'll be surprised how many students will reach for an apple if it is available.</p>	<p style="text-align: center;">FITNESS WORKOUTS</p> <p>P-6 Easy and quick to set up with a projector in the hall, students can follow along to a variety of exercises that will get them puffing. https://app.sworkit.com/collections/kids-workouts</p>	<p style="text-align: center;">LARGE GROUP OVAL GAMES</p> <p>P-12</p> <ul style="list-style-type: none"> • Noodle Tag • Tail Tag • Capture the Flag. <p>Just to name a few. These games have minimal equipment and cater for a whole lunch time group of students. More games can be found at https://www.sportaus.gov.au/p4/</p>
<p>Friday</p>	<p style="text-align: center;">COSMIC KIDS YOGA</p> <p>P-4 Interactive adventures which build strength, balance and confidence - and gets kids into yoga and mindfulness early! https://www.youtube.com/user/CosmicKidsYoga</p>	<p style="text-align: center;">BALLOON TENNIS</p> <p>P-12 Prepare a few balloons and when ready throw them into the classroom for a game of balloon tennis. Stand behind your chair and don't let any of the balloons fall to the ground.</p>	<p style="text-align: center;">EXTERNAL ORGANISATION VISITS</p> <p>P-12 If it is in the budget, you may be able to organise some external sporting providers to take students through some skilled activities. It can include traditional sports like Cricket, Netball, Basketball or non-traditional sports like skateboarding or scooter lessons</p>