



HPE Week Extra Ideas Sheet

What are you doing to celebrate HPE Week? Are you lost for fun ideas? You are running the ACHPER QLD Activities but want more? Here is a variety of ideas you could organise for your school community.

Physical Activity Ideas

- Hold a year level bike ride to the parklands, followed by a healthy picnic
- Run a Giant Handball Competition : set up a gigantic court of 30 squares marked with tape/chalk play throughout class or lunchtime.
- Try a daily GET ACTIVE session to start school: 20 mins participating in a range of simple ball games, parachute play, jumping sacks, hool-a hoops, bean bag throwing, balloon play, dancing, musical statues, hop-scotch, tug-of-war or try the limbo!
- Have the whole school complete a 'Walk 'a' thon'
- Encourage students to design a week of lunch time activities they enjoy and have them coordinate them
- Staff versus Students competition playing a different sport each day. Sports could include Indoor Soccer, Volleyball, Netball, Basketball, Badminton or Table Tennis
- Hold a "5 Days of Living a Healthy Lifestyle": e.g Yoga for the Mind and Body, Get Active through Movement, Eat your way to a Healthy Body, New Buddy for a Day, Active Family Fun Activities.

Healthy Eating Ideas

- Collect food containers and look at label to determine if the product is healthy
- Run a "Tuckshop's Healthiest Option " competition. Create worksheets with a tuckshop food list and traffic lights to identify the healthiest , satisfactory and unhealthy option to eat in their tuckshop.
- Create Traffic Light symbols on the food zones that can be displayed permanently at the canteen after the competition.
- Promote a "Healthy Items Specials Day" at school canteen
- Ask Students to bring in a fruit or vegetable platter for their class have a "Friday Fruit Day" or "Veggie Crunch Day"
- Plant a vegetable garden in the school for the tuckshop or food tech department to use
- Work with the students and canteen staff to design some healthier yet cost effective food options like fresh fruit & yogurt, fruit salads, sushi , toasted wraps