



# ACHPER QLD's Health & Physical Education Week, 2022

	HEALTH	CLASSROOM ACTIVITIES	BEFORE SCHOOL, LUNCHTIME & AFTERSCHOOL ACTIVITIES
Monday		<p><b>DAILY STRETCHING</b></p> <p>Encourage classroom teachers to incorporate stretching at the beginning or midway through their lessons.</p> <p><a href="https://www.jchealthcare.com/blog/stretching-guide-for-office-workers/">https://www.jchealthcare.com/blog/stretching-guide-for-office-workers/</a></p>	<p><b>LAPS FOR DAYS</b></p> <p>Using the QR LAPS App allocate interested students a QR Code printout and set up a running lap (1 km) around the school grounds. During the week students run as many laps as possible, registering the code each time they pass the start.</p> <p>For more motivation a map of Australia could be set up and you accumulate the km run each day and move the runner around Australia to represent the distance the school has run.</p> <p><a href="https://apps.apple.com/au/app/qr-laps/id1301942401">https://apps.apple.com/au/app/qr-laps/id1301942401</a></p>
Tuesday	<p><b>HOW MUCH SUGAR?</b></p> <p>Supply a selection of beverages and let students guess how much sugar is in the drink. Also let the students guess the recommended daily sugar intake for individuals.</p>		<p><b>LONG ROPE SKIPPING / DOUBLE DUTCH</b></p> <p>Get the long ropes out of the shed and rally up teachers and students to figure 8 or Double Dutch at lunch time. Put some music over the PA system to really get the atmosphere vibing!</p> <p><a href="https://resources.heartfoundation.org.au/images/uploads/jump-rope/Teachers_Resources/191202_Skiping_Skills_Basic.pdf">https://resources.heartfoundation.org.au/images/uploads/jump-rope/Teachers_Resources/191202_Skiping_Skills_Basic.pdf</a></p> <p>Page 39</p>

<p><b>Wednesday</b></p>	<p><b>THE VEGGIE GUESSING GAME</b></p> <p>Four younger children, place some vegetables in a bag or box and ask children to feel inside the bag and guess which vegetables they are. As a variation, for older children, use a blindfold and feed them a cooked or raw vegetable and ask them to guess what it is.</p>	<p><b>MINI FITNESS CHALLENGES</b></p> <p>As many reps or for as long as possible</p> <ul style="list-style-type: none"> <li>Wall sit</li> <li>Push ups</li> <li>Hopping</li> <li>Star jumps</li> <li>Squats</li> <li>Burpees</li> </ul>	<p><b>SOCK SLIDES</b></p> <p>If you have a gym floor that is super smooth, why not have a sock sliding competition. Students run up and slide for distance. Incorporate a crazy sock day to advertise the competition.</p>
<p><b>Thursday</b></p>	<p><b>ATTITUDE OF GRATITUDE</b></p> <p>Help students practice gratitude for happier and more content lives.</p> <p><a href="https://healthpoweredkids.org/lessons/overlookedblessings/">https://healthpoweredkids.org/lessons/overlookedblessings/</a> (9-14yrs)</p> <p><a href="https://healthpoweredkids.org/lessons/gratefulsandgrumbles/">https://healthpoweredkids.org/lessons/gratefulsandgrumbles/</a> (3-8yrs)</p>		<p><b>EDOR</b></p> <p>A popular chasing-and-tagging game that originates in the Aurukun Aboriginal community. It's a fast-paced game with little to no equipment which makes it perfect as a lunchtime activity.</p> <p><a href="https://www.sportaus.gov.au/_data/assets/pdf_file/0007/704824/edor.pdf">https://www.sportaus.gov.au/_data/assets/pdf_file/0007/704824/edor.pdf</a></p>
<p><b>Friday</b></p>		<p><b>KEEPY UPPY CHAMPIONSHIPS</b></p> <p>Students must try to keep the ball off the ground for as long as possible. You can make teams or have individual competitors. You decide if participants use their hands or feet (depending on age). For younger students use balloons or beach balls.</p> <p><a href="https://www.youtube.com/watch?v=bFEmgHSQTPM">https://www.youtube.com/watch?v=bFEmgHSQTPM</a></p>	<p><b>BUSH DANCE</b></p> <p>Put on your best flanno and straw hat and bust out a good old fashioned Bush Dance before school. Blast the Heel and Toe Polka through the speakers and get the students moving to the beat. You could also do the Nutbush, the Macarena or any line dance you think your students will enjoy.</p> <p><a href="https://www.youtube.com/watch?v=VXQy6CrnZ-c">https://www.youtube.com/watch?v=VXQy6CrnZ-c</a></p>