



ACHPER Queensland 2023 HPE Week Activity Plan

#QldHPEWeek23

	HEALTH	CLASSROOM ACTIVITIES	BEFORE SCHOOL, LUNCHTIME AND AFTERSCHOOL ACTIVITIES
Monday	<p>FOOD LABEL AWARENESS</p> <p>Ask students to bring in food packaging with food labels displayed on them. Facilitate and explain how to read and interpret the information on these labels. Further information - https://www.healthdirect.gov.au/how-to-read-food-labels</p>	<p>YOGA/TAI CHI</p> <p>Example for primary students - https://www.youtube.com/watch?v=IzL4GksXrOg</p>	<p>ORIENTEERING AROUND YOUR SCHOOL</p> <p>Set up an orienteering course around the school and either as individuals or in teams, see who can complete the course in the fastest time with accuracy.</p>
Tuesday	<p>SUNSMART</p> <p>Explain the importance of being SunSmart Including the Seek and Slide elements that have been added to the Slip, Slop, Slap message. Also refer to UV level information as published on BOM weather forecasts. Further information - https://www.sunsmart.com.au/</p>	<p>STEPS CHALLENGE</p> <p>Get those pedometers out and see who can take the most steps in a day. A friendly competition amongst students to see who can come out number 1.</p>	<p>ROUND-ROBIN COMPETITION</p> <p>Pick a sport. It could be a team sport like netball or volleyball or an individual sport like tennis. Set up a mini round-robin tournament that can be run during lunchtime.</p>

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Wednesday	<p>HEALTHY MEAL DAY</p> <p>Run lessons on healthy foods for students to plan, cook, prepare and consume a healthy meal. This could build upon the earlier discussion around food label information.</p>	<p>MINDFULNESS TECHNIQUES</p> <p>Here's some great ideas on mindfulness techniques that you can pass onto students - https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356</p>	<p>INVITE A LOCAL SPORTING CLUB/ORGANISATION TO CONDUCT A COACHING CLINIC</p> <p>Get in contact with one of your local sporting organisations or clubs and ask them to come along and conduct a coaching clinic. This is a great way to build relationships with local organisations/clubs.</p>
Thursday	<p>MENTAL HEALTH AWARENESS</p> <p>Facilitate a discussion with students regarding mental health awareness including where to seek help if they would like to talk to someone. Further information - https://www.healthdirect.gov.au/kids-mental-health</p>	<p>FUNKY DANCE DAY</p> <p>Take 5 minutes out, play some upbeat music and dance the session out to classic favourites like The Nutbush or Macarena or perhaps the latest TikTok trend.</p>	<p>TEACHER VS STUDENT GAMES</p> <p>Students love the opportunity to try and beat teachers in games.</p>
Friday	<p>FRESH FRUIT FRIDAY SHARING DAY</p> <p>With the assistance of your P&F group or by encouraging students to bring in their own fruit or a platter, conduct a healthy Fresh Fruit Friday.</p>	<p>5-4-3-2-1</p> <p>Students stand up and the teacher has them doing 5 jumps, 4 spins, hop on one foot 3 times, 2 star jumps and give another child a high 5.</p>	<p>FRIENDLY SPORTS AFTERNOON AGAINST ANOTHER SCHOOL</p> <p>To foster relationships with other local schools, invite one of them over to participate in an afternoon carnival of either a specific sport or rotate through several sports.</p>