

Get your students *active!*

Being active increases self-esteem and capacity for learning, helps students handle stress and builds and maintains healthy bones, muscles and joints.

Check out the activity hints to assist students ***get up, get out... get active!***

1. Lunchtime sports

Encourage lunchtime sports by making use of facilities and providing equipment and supervision.

SCHOOL



2. Relaxation programs

Offer relaxing lunchtime yoga or pilates programs (for staff and students) especially around exam time.

SCHOOL



3. Putting green

Add a putting green or table tennis area for staff use.

SCHOOL



4. Activity exertion graphs

Have students perform activities requiring varying amounts of effort eg. standing still and running on the spot. After two minutes take their pulse and graph the results.

SCHOOL



5. Active maths

Have students practice their measurement skills by measuring the distance covered when jumping, leaping and hopping.

SCHOOL



6. Free time record

Ask students to record the amount of time they spend watching TV and being physically active. Explore what activities were enjoyed most and why.

SCHOOL



7. Activity story board

Have students contribute to an activity story board or book. Each student can contribute their favourite activities and embellish their page with photos, articles etc.

SCHOOL



8. Competitions

Have an activity competition with another class eg. Handball tournament, running race or basketball-a-thon.

SCHOOL



9. Activity feature

Take photos of staff and students being active and feature in the school Newsletter. This may be an assignment in a photography elective.

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10. Active transport

Encourage students to actively commute by organising a walk to school day. Suggest a meeting point at a local park for bus/parent drop off to be inclusive of all students.

SCHOOL

