

Activity Hint: Mix it up and keep it up. Look for any way to be active. Ride your bike, kick a ball, throw a frisbee with friends or take the dog for a walk!

Activity Hint: Get active in travel. A great way to get some more activity in your day is to walk or ride. Leave the car at home sometimes.



Draw a smiley face if you were active today.



Snackitivity: Moving your body in a bite size activity; a snackitivity. Draw a snackitivity that you could do at school.

Ethan's snackitivity
Make a paper plane,
then throw it, chase it
and throw it again.
(Prep student 2010)



Message from

Scott Prince



Hi Gold Coast schools.
Congratulations on your Physical Activity Week efforts.



Being an active kid helped me get into Rugby League. You may not want to play Rugby League or become an elite athlete, but being active will help you enjoy a healthy life.

Get active in lots of ways during your day - it all counts! Mix up your activity and you will soon find out what you enjoy and what you are good at.

If you don't know what you want to do, check out the Get Active Gold Coast website and find out what's on offer. What are you waiting for?

It's time to **Get up, get out...get active!**

Scott Prince



Australia's premier supplier sports active play equipment fitness and training aids.

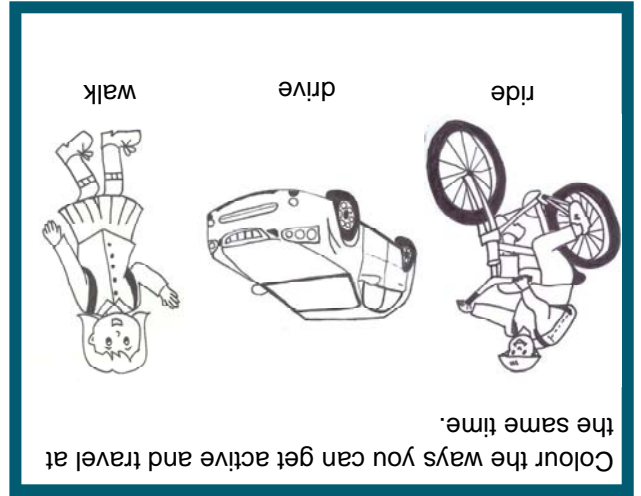
A Gold Coast Physical Activity Alliance initiative. School prizes "Sports Day Kits" kindly donated by Hart Sport. www.hartsport.com.au Supported by: Norfolk Village State School, Surfers Paradise State School, Titans 4 Tomorrow.

Participating schools, contact the Alliance to add your school logo here

Gold Coast Physical Activity Alliance
www.getactivegoldcoast.com.au



Circle the smiley face if you were active today.



Get up, get out...
get active!

Gold Coast Physical Activity Week

18th-24th July 2010

Student Name:

activity passport



GET ACTIVE Gold Coast

Gold Coast Physical Activity Alliance
www.getactivegoldcoast.com.au

Activity Hint: Get active any way you can. Try some activities around the house; vacuuming, sweeping, cleaning your room or gardening. Impressive!

Activity Hint: Get active together. Being active with your family and friends is lots of fun!



Draw a smiley face if you were active today.

After school, I like to ...



Circle the smiley face if you were active today.

I like to ...



Clarn's after school activity: I love jumping on the trampoline. (Prep student 2010)

activity passport

What's this all about?

Being physically active is really important.

- It helps our bodies grow.
- It builds strong bones and muscles.
- It is fun.
- It can be done almost anywhere - inside or outside.

Kids need at least 60 minutes (and up to several hours) of moderate to vigorous physical activity every day. This time can be built up throughout the day, during school time and at home.

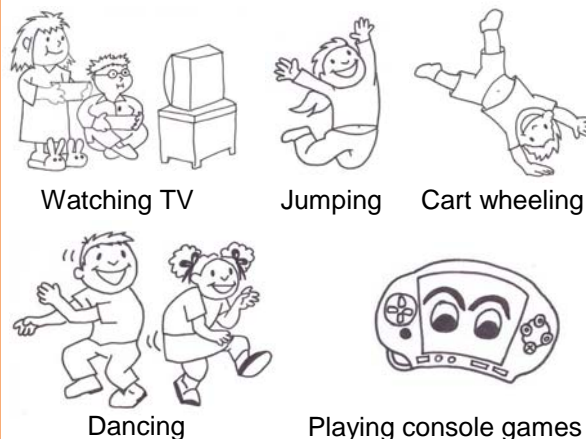
Your student passport will help record your daily activities during physical activity week.

You will get a certificate for your efforts and may win your school a great prize of equipment to keep you active all year long!



Shake it up high, shake it down low, shake it to the side...

Circle and colour the active actions.



Draw a smiley face if you were active today.



Moderate activity: like a brisk walk, includes lots of activities such as bike riding and active play.
Vigorous activity: activity that makes you huff and puff.

Activity Hint: Reduce screen time. Try spending less than 2 hours a day in front of the TV or computer - you could make up a brand new activity!