

# Schools and HPE Day

05 September 2018



## How can your school support National HPE Day?

It's easy! Below are some ideas that your school can do on National HPE Day to demonstrate how much it values this important learning area in the curriculum. Be sure to document your activities on social media using the #HPEday hashtag!



## Classroom Activities

- Healthy eating in-class snacks and cooking lessons
- Encourage students to modify activities that they have enjoyed in the past and put them into a circuit of activities or 'play stations'
- Organise a guest motivational speaker from a sporting club
- Hold a HPE/sports quiz
- Have your students design or make a poster or model that showcases a healthy school community or healthy lunch box
- Design an app to improve healthy and active lifestyles
- Organise an off-site PE-related excursion (i.e. aquatics, hill-climbing/outdoors walk)
- Hold student leadership presentations on the benefits of being active and healthy
- Participate in a range of games and activities undertaken by different cultures

## Recess, Lunch Time and After-School Activities

- Round robin tennis, cricket, soccer, basketball, netball or volleyball tournament
- Thai chi, yoga or Zumba
- Indoor games tournament (e.g. carpet bowls, quoits, bocce and table tennis)
- Dance-a-thon, Bike-a-thon, Jog-a-thon, Walk-a-thon
- Games like egg and spoon races, jumping sack races, octopus or bean bag toss
- Scavenger hunt
- Kite flying

## Whole School Activities

- Hold a whole school Healthy Breakfast/Lunch or picnic with a focus on healthy eating or 'nude food'
- Get student leaders to run daily morning fitness and dance for the whole school before the start of the day's lessons
- Invite a local sports club association or a development officer to run coaching clinics
- Run a health and wellbeing forum/seminar for parents facilitated by students on key health and PE topics important to the school and the community
- Plant vegetables and herbs in a sustainable garden
- Organise a whole school fun run or walk
- Do a class versus class pedometer/fitbits/apps/steps challenge
- Encourage students to ride/walk to school to enhance knowledge of safety and active transport



**National Health & Physical Education DAY**  
05 SEPTEMBER 2018

*Good for Children, Good for Schools, Good for Communities*

**ACHPER**  
Australian Council for Health, Physical Education and Recreation

[www.hpeday.com.au](http://www.hpeday.com.au)