

About National HPE Day

05 September 2018



What is National HPE Day?

Since 2012, National Health and Physical Education (HPE) Day has been the annual day on the calendar to raise awareness of and advocate for the value of HPE in Australian schools.

The day aims to highlight the importance of HPE and impact on the learning potential and wellbeing of all children, the benefit to all schools, and the valuable contribution to the wider community.

The theme, *Good for Children, Good for Schools and Good for Communities*, is celebrated over a three year cycle.

The 2018 event, to be held on **Wednesday September 5, 2018**, will specifically focus on how the HPE learning area is 'good for schools'.



How will National HPE Day be celebrated?

Teachers and Principals from schools across Australia are encouraged to get involved by holding activities or events during the week or on the day itself to demonstrate how much they value this important part of the curriculum.

Ideas for integration of HPE into your school's cross curricular classroom activities, lunch-time, whole of school, club, social and community activities, can be found on our website at www.hpeday.com.au.

If you are a teacher, why not take your class outside for a lesson or organise a HPE-related excursion? Schools, why not plan a fun run or walk for your students? If you are a parent, why not walk home with the kids or take them to a nearby park for some recreational time after school?

Parents are also encouraged to commit to a 'parent pledge' on the website to ensure their child/children participate in 30 minutes of physical activity or other health promoting practices on the day.

Schools, teachers, students, parents and members of the local community are encouraged to participate in physical activity and document their involvement on social media using #HPEday and tagging ACHPER Inc.



National Health & Physical Education **DAY**
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Good for Children, Good for Schools, Good for Communities



www.hpeday.com.au