

# Communities and HPE Day

05 September 2018



## Why is health, physical education, sport and recreation good for communities?

- Reduces children's screen time
- Provides children and parents the opportunity to interact with other families across all cultures, religions and backgrounds
- Interacting with a wide range of cultures, religions and backgrounds will educate children in the diversity of our country and encourages social inclusion
- Children being involved in after-school sports can provide with interactions with new children
- Makes other community members feel welcome and included
- HPE scaffolds learning through movement of active play and fundamental movement skills which provides foundation of involvement with sport and recreation.
- Provides opportunities for grandparents to see their grandchildren actively participate in sport and recreation activities
- Provide children with a sense on inclusion
- Supports the sport, recreation and community clubs to ensure they can continue to develop and foster programs for children and young people
- Provides family with the opportunities to share experiences and achievements relating to physical activity
- Promotes the use of active transport such a walking or bike riding
- An opportunity for children and adults to share experiences with one another
- Sport can provide opportunities for culturally diverse backgrounds to connect with the wider community

## How can your community support National HPE Day?

It's easy! Below are some ideas that your local community can do on National HPE Day to demonstrate how much it values this important learning area in the curriculum.

### Community Activities

- Thai chi, yoga, Zumba, boxing or taekwondo dance, ballet/hip-hop, gymnastics classes at local centres
- Indoor games tournament (ie: carpet bowls, quoits, bocce and table tennis)
- Wheelchair sports
- Dance-a-thon, Bike-a-thon, Jog-a-thon and Walk-a-thon
- Scouts
- Surf life saving
- Head to the community swimming pool and/or out of school swim classes (ie: VacSWIM)
- Little athletics
- CFS (16 +)
- Triathlon

### After-School Activities or Initiatives

- Sport at local clubs (ie: tennis, cricket, netball, soccer, AFL and rugby)
- Kite flying
- Family bike rides
- Walking 2-3 times per week as a family – with the family dog in tow!
- Skipping, hop-scotch and 4-square type games can be played at home and together as a family
- Visit and play in the local community playground
- Children teaching parents what games they learnt during school to encourage them to play the same games together at home or at the local park
- Learn from grandparents and/or parents the games they used to play and play them at home and also bring them into the school community
- Parents to act as positive role models for their child
- Using technology to encourage kids to get health (i.e. Apps like Spirit Runner Set for Sports or fitness tracking apps (Garmin, Fitbit)
- Design an obstacle court around the house and/or in the backyard



**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)