

Big idea 9

Get creative with your Health and PE Week program!

Big idea 9 provides a few more creative ideas to add into your Health and PE Week program.

- Have a physical activity and health message in your daily bulletin.
- Get students at each year level to create a year level record board and mount it in your gym.
- Hold a whole school foot bag bonanza on the oval and see how long you can keep the bags up.
- Hold a favourite sportsperson dress up day.
- Make kites and fly them.
- Have a photo competition where students bring a photo of themselves doing a physical activity and display them.
- Hold a bike procession. Decorated bikes come to school. Try some formation riding or invite a BMX club to give demonstrations.
- Skateboard or rollerblade marathon. Dress up and make it interesting.