

Big idea 3

Make cross curriculum links to health and physical education

Health and PE Week is about getting the whole school involved in and thinking about health and physical education. Big idea 3 provides suggestions of how to make cross curriculum links between health and physical education and other subject areas.

English

- Write sports reports from local or national sports competitions by collecting articles online and from newspapers.
- Remove headlines from sports reports and create new ones.
- Create word puzzles based on health and physical education.
- Borrow relevant books from the library and write book reports.
- Conduct debates on topics associated with sport and health such as body image, obesity, fast food, leisure choices.
- Collect advertisements during Health and PE Week that show services and products related to health, food choice or physical activity and analyse the advertisements.
- Discuss body image as shown in the media. Consider sporting heroes, elite athletes, movie stars and models and explore whether they are considered to be 'healthy' and if the images are realistic.

Art

- Enter the ACHPER Victorian Branch art and multi-media competition - for details, head to www.achper.vic.edu.au or www.activate.vic.edu.au.
- Create posters that promote physical activity and healthy eating.
- Create art and sculpture related to movement, sports or health.
- Create posters advertising club and community sport activities.

Science

- Study exercise physiology, biomechanics, sports injuries and prevention or nutrition.

ICT

- Create and complete webquests related to health, physical education and sport.
- Create a school health, physical education and sport web page.

Technology in physical education lessons

- Explore the application of heart rate monitors, pedometers, video analysis of movement and digital cameras in physical education classes.
- Explore and use software to assist biomechanical analysis of movement.

Music and performing arts

- Compose or study songs about sport or health.
- Use health and physical education as a stimulus for movement.
- Explore creative and social dance.
- Create dramatic performances based on health or physical education topics.
- Compose skipping routines to music.

Maths

- Graph the results of surveys related to physical activity, food choices or favourite football teams.
- Keep statistics and records of school sport results and analyse.
- Use a pedometer to measure student physical activity during the day and analyse.