

Big idea 2

Physical education and sport activities

Health and PE Week is a great opportunity to get students involved in physical education and sport. Big Idea 2 provides some great ideas that you could implement in your school

Sport

- Conduct a school survey to establish why students do or do not get involved in sports and what sports they would like to play.
- Launch a sport committee or council as an official part of your school's policy making body.
- Launch sport award certificates which are given to all students who play interschool sport for the school.
- Hold a Jump Rope for Heart 'Jump Off'.
- Conduct skills tests or competitions across year levels.

Physical education

- Teach a new, non-traditional game in physical education classes such as marbles, frisbee, bocce, skittles, rollerblading, skateboarding or circus skills.
- Choose exercises and skill drills specific to a sport and have students rotate to each station. Include individual and partner activities. Sports could include:
 - Tee ball
 - Minkey relay
 - Sprints
 - Tug-o-war
 - Sack relay
 - Softball
 - Cricket
 - Mini Touch
 - Hockey
 - Korfball
 - Athletics
 - Soccer
 - Volleyball
 - Gymnastics
 - Sprint finals
 - Dance
 - Biathlon, Triathlon or Pentathlon
 - Kanga cricket
 - Aerobics
 - Squash/racquetball
 - Orienteering
 - Netball
 - Football
 - Race-walk
 - Archery

Sports days

- Hold a Commonwealth Games themed sports day. Students dress in a nominated country's colours. You could include opening and closing ceremonies, medal presentations and national anthems. Invite parents to officiate, join in and rotate through the games and activities.
- Conduct a multicultural sports day where students participate in sports from around the world.
- Conduct an ancient games sports day where students research games of the ancient Olympics and participate in them.

Festivals

- Run a Commonwealth Games festival where classes dress in their favourite country's colours.
- Run a tabloid sports day or half day.
- Conduct a cross country or fun run for the whole school.
- Run carnival with emphasis on fair play such as korfball or rounders.
- Run a virtual inter-school competition that could compare students fitness testing data, athletics and swimming carnival times and speed stacking results with another school.