

Big idea 4

Get involved in the community and get the community involved in your school

Health and PE Week is about getting the whole school and the community involved in health and physical education. Big idea 4 provides suggestions of how to get the community including parents, local sporting clubs and other community organisations involved in your Health and PE Week events.

Parents and family

- Invite the parents to the school for a health and physical education open day.
- Invite parents to observe health and physical education lessons.
- Ask teachers and parents to offer elective programs like walking, jump rope, ball games or dance activities.
- Ask parents to participate in a working bee to paint the playground, mark sports courts or repair broken playground equipment.
- Hold a parents and students sport or recreation day.
- Get students to create a survey for their family related to health and physical education, analyse it and write a health or physical activity plan for the family.
- Get students to write articles for the school newsletter related to health and physical education for parents to read.

The local community

- Take students out to community centres to run health and physical education activities such as cooking healthy foods.

Local sporting clubs

- Invite a local sporting club to run a clinic.
- Encourage students to join local sports clubs.
- Invite local sporting clubs to do demonstrations or presentations.

State sporting associations

- Invite a Sport Development Officer from a State Sporting Association to your school for a day (refer to contact details on the ACHPER Victorian Branch website under Links).
- Write to State Sporting Associations requesting complimentary tickets to games and use them as prizes or excursions during Health and PE Week.

The local media

- Write to your local newspaper with details of your school sports stars or Health and PE Week activities and request a journalist and photographer come to your school to do a report.

Senior citizens clubs

- Invite senior citizens to the school for an afternoon to see dance or gym displays.
- Provide food to the seniors through the school's food program which is in line with healthy eating models.

Secondary schools at primary schools

- Secondary schools could run a 'come and try' sports, games and dance expo for the local primary schools.

Guest speakers

- Invite a guest speaker to an assembly, class, year level or particular group to speak about their experiences with health topics, physical education or sport.
- Invite a sports nutritionist to speak to students about getting the best out of their bodies through their diet.
- Invite a guest speaker to discuss body image, sexual development or other health related topics.
- Explore sporting career pathways through guest speakers including sports journalists, physiotherapists, coaches, player managers, development officers and physical education teachers.

Public displays

- Hold a display such as gymnastics or dance in your local shopping centre.
- Run a fitness circuit or a jump rope display in a popular local venue.
- Create a collage, mural or poster showing a healthy school community and display it in a local shopping or community centre.