

Big idea 6

Outdoor activities and aquatics

Why not get students outside or into the water during Health and PE Week. Big Idea 6 provides some great ideas about getting students into the water or outdoors.

Aquatics

- Go to the local pool and get students involved in an aqua aerobics session.
- Get outdoors and take the students canoeing or kayaking.
- Invite a surf life saving club to run some activities for students.
- Take the students surfing or to the beach.
- Conduct a school swimming program on Health and PE Week.

Outdoor activities

- Take students out to:
 - complete a high ropes course
 - do abseiling
 - go hiking
 - go canoeing
 - go horse riding
 - do orienteering
 - practice healthy camp cooking
 - go fishing.