

Sample Health and PE week program

Primary

The following sample program is designed to provide primary schools with ideas about how to run their Health and PE Week program.

Health and PE Week objectives

- Engage as many students as possible in Health and PE Week activities.
- Raise awareness about the importance of living an active healthy lifestyle among students, teachers and parents.
- Raise the profile of health and PE within the school to ensure its continued success within the school.

Activity	Who	Day
Prepare and cook healthy meals	All students	All
Introduce dance and gymnastics in PE classes	All students	All
Create art posters that promote physical activity and healthy eating and display in classroom or around the school	All students	All
Play games with limited or restricted equipment	All students in PE classes	All
Hold a Jump Rope for Heart 'Jump Off' at lunchtime	Yr 4-6 students	Monday Yr 4 Wednesday Yr 5 Friday Yr 6
Invite senior citizens to the school for an afternoon to see dance or gym displays	Local senior citizens and Yr 4-6 students	Monday afternoon
Conduct a cross country or fun run for the whole school	All students- staggered starting times	Tuesday
Run a tabloid sports half day	Years 1-3 students, Yr 6 helpers	Wednesday afternoon
Have a car wash for teachers' and parents' cars	Yr 5 students	Thursday afternoon
Ask parents to participate in a working bee to paint the playground, mark sports courts or repair broken playground equipment	Parents and students	Thursday after school
Hold a favourite sportsperson dress up day	All students	Friday