

Sample Health and PE week program

Secondary

The following sample program is designed to provide secondary schools with ideas about the type of program they could implement for Health and PE Week.

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
Healthy lunchboxes and canteen food	All students	All
Have a physical activity and health message in your daily bulletin.	All students	All
Plan and cook healthy meals	Year 7 & 8 Food classes	All
Study short and long term consequences of a sedentary lifestyle	Years 7 & 8 Health classes	All
Run relaxation and stretching activities post PE classes	All PE classes	All
Hold a carnival with emphasis on fair play such as korfbal or rounders	Year 7-10 PE classes blocked together	All
Study exercise physiology, biomechanics, sports injuries and prevention or nutrition	Yrs 9 & 10 Science classes	All
15 min aerobics on the oval during morning home group	All students	Monday Yr 7 Tuesday Yr 8 Wednesday Yr 9 Thursday Yr 10 Friday Yr 11 & 12
Hold a Jump Rope for Heart 'Jump Off' during lunchtime	Open to all students	Monday Yr 7 & 8 Wednesday Yr 9 & 10 Friday Yr 11 & 12
Run a tabloid sports day or half day, with a Commonwealth Games theme	Yr 7 & 8 student participants, Yr 10 student helpers	Wednesday all day/ afternoon
Invite a local sporting club to run a professional clinic	Yr 11 PE class	Class practical day
Get outdoors and take the students canoeing or kayaking	Yr 9 Sport/Outdoor Education students	Class practical day
Hold a disco in a suitable facility with an admission fee	All students	Friday afternoon