eat well be active – Primary School Project

Cheryl Peat & Rick Baldock

eat well be active - Primary School Project
Session outcomes

• To introduce key strategic documents about physical activity for schools and communities
• To introduce the key issues and evidence in Physical Activity & Sedentary Behaviour
• Investigate a range of resources to enhance your Physical Activity and PE programs
• To introduce a few ideas/games for class physical activity time
The *eat well be active* Project Outcomes

- Increase children’s physical activity levels
- Decrease children’s sedentary leisure time behaviours
- Increase consumption of water, fruit and vegetables
- Decrease consumption of energy-dense, nutrient-poor foods and drinks
Developing a Quality Physical Activity approach for your school

Strategies, Programs & Curriculum
Let’s Share!

Please spend time thinking of:

• One Physical Activity idea /initiative you do well
• One idea / activity/ initiative that you are considering implementing / exploring as part of the *eat well be active* – Primary Schools Project

And be ready to share to the larger group
Fitness, Exercise or Physical Activity

**Fitness**: A set of attributes that people have or achieve relating to their ability to perform physical activity (USDHHS, 1996)

**Exercise**: Leisure time physical activity conducted with the intention of developing physical fitness.

**Physical Activity**: Bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditure (USDHHS, 1996)
Physical Activity Recommendations for 5-12 year olds

1. A combination of moderate and vigorous activities for at least 60 minutes a day is recommended.

2. Children shouldn't spend more than two hours a day using electronic media for entertainment (e.g. computer games, TV, internet), particularly during daylight hours.
Physical Activity Recommendations for 12-18 year olds

1. At least 60 minutes of physical activity every day is recommended.

2. Physical activity should be done at moderate to vigorous intensity.

3. Try to be active in as many ways as possible.

4. Make the most of each activity in your day.
Physical Activity Pyramid

Level 4

Level 3

Flexibility Exercises

Level 2

Active Aerobics

Level 1

Lifestyle Activities

Rest and Inactivity

Strength/ Muscular Development Exercises

Active Sports and Recreational Activities

What are *sedentary* behaviours?

- Unique set of behaviours that require very little energy expenditure
- Mostly SITTING activities (but also include some activities performed lying down – e.g. reading lying down)

<table>
<thead>
<tr>
<th>Screen based</th>
<th>Non-Screen based</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watching television</td>
<td>Sitting and talking</td>
</tr>
<tr>
<td>Playing video games</td>
<td>Reading</td>
</tr>
<tr>
<td>Using the computer</td>
<td>Writing</td>
</tr>
<tr>
<td>Sending text msgs (seated)</td>
<td>Listening to presentations!</td>
</tr>
</tbody>
</table>
Sedentary time
(self report from ANCNPA survey)
Physical inactivity is rapidly becoming the most significant public health issue facing the developed world.

**HEALTH BENEFITS of PHYSICAL ACTIVITY**
- Lowers risk for heart disease
- Reduces risk for certain cancers
- Lowers blood pressure
- Improves lipid profile
- Prevents obesity
- Prevents diabetes
- Builds healthy bones
- Enhances immune function
- Relieves stress and improves mood
- Promotes self-esteem

**FITNESS BENEFITS OF PHYSICAL ACTIVITY**
- Increases aerobic capacity
- Increases strength
- Increases flexibility
- Improves balance and coordination
- Increases functional health

**COMMUNITY BENEFITS OF PHYSICAL ACTIVITY**
- Social connectedness
- Community belonging
- Environmental sustainability
- Addressing community concerns
Physical Activity Resources Menu

Commonwealth and State Government Policies and Programs

- SACSA framework
- Physical Activity Guidelines
- Premier’s be active Challenge
- Active travel (schools)
- Be active at work
- Be active playtime
- Eat well be active community project
- OPAL – Obesity prevention and lifestyle
- PEACH parenting eating and activity for child health
Contacts:

Lorna Fenech, Project Officer, 
Premier’s be active Challenge 
T: 8226 4308 E: lorna.fenech@sa.gov.au

Leah Cassidy, Program Manager 
Health, Physical Activity and Wellbeing Curriculum 
T: 8226 4386 E: leah.cassidy@sa.gov.au
Premier's Be Active Challenge

Take the challenge! Reap the rewards!

- 5-9 yr old
- 10+ yr old

For Staff

Getting started

Home
The Challenge
5-9 yr old
10+ yr old
For Staff
Awards
Ambassadors
PbaC NEWS
Resources and Downloads

Government of South Australia
Developing Fundamental Movement Skills

We want young New Zealanders to develop a love of sport and recreation that leads to lifelong participation.

To achieve this, young people must develop fundamental movement skills so that they have the right building blocks to play sport for life.

The ‘Developing Fundamental Movement Skills’ resource uses play and simple activities to get kids involved in games. With these concepts young people can move easily into modified sports and adult sports.

Activities are simple and require only basic knowledge to teach or coach.

Developing Fundamental Movement Skills resource – downloads

Click on the links below to download sections of the Developing Fundamental Movement Skills resource:

Cover and Acknowledgements

- Fundamental Skills – Cover and Acknowledgements (PDF, 200 Kb)

Fundamental Skills

- Fundamental Skills – Introduction (PDF, 265 Kb)
ACHPER and Consortium
Physical Activity Resources Menu

- **ACHPER**
  - Play with Purpose
  - Daily Physical Education Program
  - Active Children
  - PEP (Physical Education primary)
    - Dance
    - Gymnastics
    - Fitness
  - Play 5
  - ACHPER Advocacy Kit
  - AFEA Australian Fitness Award
  - Daily Does It
  - Pick up and Run

- **Centre For Health Promotion**
  - Walk and Talk
  - Sing along move along
  - G.O.S.H

- **Sports Medicine Australia-SA**
  - Fuel Up- Food for sport
  - Drink Up – Hydration in Hot Weather
  - Conditioning and Light Weights - increase and maintain muscle fitness, muscular balance, confidence and esteem.
  - Warm Up and Stretching – a guide to
  - Walking Walk this way – aerobic fitness for everyone
  - Sports Injuries Management- Early management of a sporting injury
  - Drugs in Sport

- **Heart Foundation**
  - Jump Rope For Heart
Physical Activity
Resource Discovery Task

• Please spend the next 10-15 minutes exploring the resources/programs with a partner

• We encourage you to share (30 seconds) to the other groups some thoughts / comments about one of the resources and how you might use it in your school
Let’s be active!

• A few activities and games for you to try in your school.
Effective Physical Education Programs

• Make movement and activity for all students the basis of the program

• Are student-centered and based on the developmental needs of the clients

• Offer varied opportunities for repetition and refinement (the 2Rs) of motor skills
Where to from here?

ACHPER (SA)

*eat well be active* – *Primary School Project*
Where do we start?

• What is currently happening in your school and wider community regarding Physical Activity and Healthy Eating?

• What are the current perceptions, beliefs, attitudes and practices of your students and wider community about physical activity and healthy eating?
Where do we start?

• Begin mapping the programs and activities in healthy eating and physical activity already being undertaken in your school

• Confirm a date next term when we can all meet for a planning workshop to further our work in the *eat well be active* – Primary School project
Planning with colleagues
ACHPER (SA)

ACHPER (SA) can offer this session to your School/Site.
Contact ACHPER (SA) for more information
info@achpersa.com.au
Or visit our website www.achpersa.com.au
Or telephone 08 8363 5700