EWBA 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.
OBSERVATION – All Morning Fitness games had a few things in common; they require very little equipment, require very little organisation prior to playing the game, they aren’t particularly creative and they will not keep a class of children engaged for more than 20 minutes.
Inquiry Question 1

- How do we go about improving / revamping our morning fitness program?

- I am in the process of putting together 14 boxes of equipment of games and activities that are highly intensive and more inclusive.
What Programs have we implemented along the way in 2009?

- Be Active Take Steps
- Walk ‘n’ Talk
- Crunch ‘n’ Sip
- Jump Rope continuation
- SRC involved in running lunchtime activities
- PBAC
What Challenges have we faced in 2009?

- Loss of gear – Tennis Balls / Pedometers
- Misplaced Gear/Boxes when passing it on between classes
- Classroom Teachers – Daily Physical Activity when it suits
The oval is alive again, the courts are busy, more children are physically active but the challenge still remains to continue to improve and maintain a quality Physical Education program in our school.
STAGE 2 – 2010 : Major Focus...
Daily PA

TAG GAMES

1. TAG 'N' DROP
Using 2 pool noodles, choose 2 people to be 'it'. The emphasis of this game has to be not to get tagged. If you get tagged a lot, the consequences will be seen in the next game. If you get tagged, the tagger will place the noodle on the ground and you will pick it up. Before you can get anyone else, you must run to one of the end lines and tap it with your noodle and you are free to get someone else.

There are no tagbacks! This game doesn't last much longer than 3-4 minutes before you'll need a change.

2. BENCH TAG
Leading on from the previous game, ask the students how many times they were tagged. Those with the highest numbers (choose 5) start on the side line. You require again 2 taggers and pool noodles. When they have someone that person has to go to the side line and they go to the end of the line. The student at the start of the line replaces them in the playing area and change taggers after about 1-2 minutes.

PLAYING AREA FOR ALL 5 GAMES

3. FROST 'N' THAW
You require 2 Pink pool noodles (frost) and 2 Purple Noodles (frost). 2 People are it (frost) and their job is to tag others running in the playing area! When they get tagged they bob down. They are thawed. The only way they get back in the game is to be thawed (out or tagged by the pink noodle). Rotate Frosty's & Thaw regularly.

4. FREEDOM
Once again you have 2 taggers. Once they tag someone with a pool noodle that person must stand like this. To get freed up the frozen person must get a high 5 from 2 different people at the same time and the 3rd of them must yell out freedom. Rotate taggers regularly.

5. TAG 'N' RUN
Only 1 tagger is necessary in this last game. One pool noodle is all that is required. (Choose a fast person first to get this game going).

Once someone is tagged they must run around one of the 2 poles at each end of the playing field before returning to the game. They are free to play again normally once they have done this.

What you need
- 4 Cones
- 4 Pool Noodles (2 Purple, 2 Pink)
- 2 Yellow Poles

Do not let people go outside the boundaries, it causes confusion.
Early September, each classroom teacher went to their class and asked them if they would like to be involved.

12 of the 14 of classes are participating.

264 out of a total of 402 students in our school (66% of our students) are participating every day.

The actual figure that we are looking at is 77%.

Our focus is on our Junior Primary.
We had difficulty sustaining the level of participants in Crunch n Sip early on. It seemed as if they were eating fruit for the novelty of eating in class. We introduced the WA Healthy Eating Curriculum as support for the reasons why we eat and drink healthy.

TEACHER - How am I going to fit that into the curriculum along with everything else?

WA Healthy Eating curriculum is highly integrated.
2010 – The EWBA Project Continues to Grow...

- Daily PA
- PBAC: 2009 – 5 Classes  2010 – 14 Classes
- Walk ’n’ Talk
- Lunchtime Activities
- Whyalla High Carnivals (Year 7’s)
- Involvement of carnivals for 3/4’s (Soccer/Golf)
- Ongoing data collection of students – Feedback for Wellbeing team
- Commitment to After School Footy and District carnivals
- Crunch ‘n’ Sip
- Sports day renewal aimed at participation
Wellbeing Action Plan for 2011

- Daily PA – Originally 15, Now 30 (Buddy)
- Crunch ‘n’ Sip
- PBAC
- Lunchtime Yard Activities

- Drug Ed
- CPC
- Safe Yard Areas
- Wellbeing Surveys
- SOS (Student Opinion Surveys)
What else does the future hold in 2011?

MINI PROJECTS

- Oval Revamp – Future Carnivals & Sporting Clubs.
- School Garden
- Canteen – How can we balance healthier choices Vs Profit
Major Focus 2011: Mini Projects
All programs that we have put in place are for the benefit of the children.

Change is not easy. For change to happen there needs to be a purpose, direction and passion.

The difference between success and failure comes back to the individuals involved.
2012

- Consolidation
- Sustainability
- Progress