Prospect North PS

7 Tips for a Whole School Approach to eating well and being active

An eat well be active - Primary Schools project school

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1. Create a sustained curriculum approach for a life long participation in physical activity e.g. specialist N.I.T program with support from classroom teachers or a whole school, classroom physical activity curriculum policy/scope and sequence.
2. Survey classroom teachers on what the current Physical Activity Programs are that they run in their classroom and how you could assist them. Act on their responses.
3. Ask your principle if you could run a session in staff meetings on how to include daily fitness/physical activity in the classroom. Include structure of a physical activity session and some practical games that have maximum participation and an increase in heart rate for JP, MP, and UP.
4. Make sure all classrooms have access to a daily borrowing system and have general sports equipment in their classroom that they can use for simple games during class time and playtime borrowing for students.
5. Set up some activity boxes for classrooms that include 2-3 games and rotate these on fortnightly/term roster. Boxes should include laminated instructions on how to play the games and contain the necessary sports equipment (if not already in the classroom). Train up some older students to run these sessions within your class and other classes (cross age tutoring).
6. Make playtimes active. Make your yard duty time a physical activity duty time. Monitor a student action team to run lunchtime session 1-3 times throughout the week.
7. Goal setting in PE. This is not only a great assessment tool but it also empowers and motivates students with their personal health and fitness, setting them up for life long health and wellbeing. MP UP students undergo fitness testing three to four times a year and set personal goals related to their outcome. JP and MP students also set goals specific to FMS (Fundamental Movement Skills) and modified games.

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