Yankallila Area School

Rosie’s Olympic Challenge

An eat well be active - Primary Schools project school

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At Yankallila Area School it all began with the question, “How many days until the Opening Ceremony for the Olympic Games?” “52”, was the immediate answer because, by chance, we had been checking out the Olympic Games website and observing changes in the countdown clock. It was then that Rosie Harden our Principal issued the challenge to the staff to form teams of 3 and walk (or the equivalent) 1,000km before the Opening Ceremony. Upon reflection the staff have certainly embraced the Challenge as the following comments attest:

• “With the onset of winter, it was so easy to come up with an excuse not to do my regular walk. The “challenge” motivated me to think of other ways of being active around the school and at home. The competitive spirit really helped.”
• “Couldn’t help but get caught up with everyone’s enthusiasm.”
• “Good to lead by example, make and reflect on personal challenges and incorporate our school values for staff.”

Teams were entered on the whiteboard in the staff room and record sheets pinned up. Pedometers were dusted off and batteries replaced. It was agreed that 4 kms of cycling equalled 1 km of walking / running and that 1 km of swimming equalled 4 kms of walking / running. The holidays provided a great opportunity for even more physical activity which meant that this infectious staff program has had an impact even when we weren’t at school. We are now keenly awaiting the beginning of the Olympics to see how many groups have been able to achieve Rosie’s challenge. Stephanie McPharlin, Yankalilla Area School

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eat well be active - Primary Schools Project, a joint SA Health and Department for Education and Child Development project from 2008-2013.