

# Live Life Well @ School

## Teaching Ideas for PDHPE

1. Value Movement 2. Health Literacy 3. Critical Thinking 4. Education Purposes 5. Strength based

### Professional Learning

NESA accredited professional learning. **Whole of school**

- Practical PDHPE teaching ideas
- Fundamental movement skills workshop
- Integrating physical activity into the curriculum
- Healthy eating workshop

### Screen Time



**Jack's Fantastic Day** resource pack (ES1)

- [www.healthykids.nsw.gov.au/teachers-childcare/live-life-well-@-school/resources](http://www.healthykids.nsw.gov.au/teachers-childcare/live-life-well-@-school/resources)



**More Green Less Screen** (S2, S3)

- Available to order



**Live Outside The Box** (S3)

- [www.healthykids.nsw.gov.au/campaigns-programs/live-outside-the-box](http://www.healthykids.nsw.gov.au/campaigns-programs/live-outside-the-box)



**Power Down** (S3)

- [www.goodforkids.nsw.gov.au/primary-schools/physical-activity/teaching-resourcespowerdown](http://www.goodforkids.nsw.gov.au/primary-schools/physical-activity/teaching-resourcespowerdown)

### Physical Activity



**Fundamental Movement Skills Cards** (K-6)

- Available to order



**Physical Activity** (K-6)

- [www.healthykids.nsw.gov.au/teachers-childcare/live-life-well-@-school/resources-for-teachers/physical-activity](http://www.healthykids.nsw.gov.au/teachers-childcare/live-life-well-@-school/resources-for-teachers/physical-activity)



**Yulunga Traditional Indigenous Games** (K-6)

- [www.sportingschools.gov.au/resources-and-pd/schools/yulunga](http://www.sportingschools.gov.au/resources-and-pd/schools/yulunga)



**Playing for Life PE Teaching Resources** (K-6)

- [www.sportingschools.gov.au/resources-and-pd/](http://www.sportingschools.gov.au/resources-and-pd/)



**Sports Ability PE Inclusive teaching Resources** (K-6)

- [www.sportingschools.gov.au/resources-and-pd/schools/sports-ability](http://www.sportingschools.gov.au/resources-and-pd/schools/sports-ability)



**FMS posters** (K-6)

- [www.nslhd.health.nsw.gov.au/HealthInformation/HealthPromotion/Pages/Projects/Healthy\\_Weight/LiveLifeWellatSchool/LLWatS\\_Resources](http://www.nslhd.health.nsw.gov.au/HealthInformation/HealthPromotion/Pages/Projects/Healthy_Weight/LiveLifeWellatSchool/LLWatS_Resources)

# Nutrition

# Energizers



## Magic Lunchbox resource pack (ES1)

- [www.healthpromotion.com.au/the-magic-lunchbox](http://www.healthpromotion.com.au/the-magic-lunchbox)

## Nutrition Ideas Kit (ES1)

- Available to hire

## Q4 H2O hydration activity (S2)

- [www.healthykids.nsw.gov.au/teachers-childcare/live-life-well-@-school/resources-for-teachers/nutrition](http://www.healthykids.nsw.gov.au/teachers-childcare/live-life-well-@-school/resources-for-teachers/nutrition)

## Fruit and Vegetable Costumes (K-6)

- Available to hire

## Healthy, Safe and Active Lifestyle Lesson Ideas (K-6)

- [www.healthykids.nsw.gov.au/teachers-childcare/live-life-well-@-school/resources-for-teachers/nutrition](http://www.healthykids.nsw.gov.au/teachers-childcare/live-life-well-@-school/resources-for-teachers/nutrition)

## Crunch & Sip teaching resource pack (K-6)

- [www.healthykids.nsw.gov.au/campaigns-programs/crunchsip/new-crunchsip-resource-pack-2nd-edition](http://www.healthykids.nsw.gov.au/campaigns-programs/crunchsip/new-crunchsip-resource-pack-2nd-edition)

## Fruit and Vegetable lesson ideas (K-6)

- [www.healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2018-resources](http://www.healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2018-resources)

## Coal Loader Nutrition Teaching Ideas (S2)

- [www.nslhd.health.nsw.gov.au/HealthInformation/HealthPromotion/Pages/Projects/Healthy\\_Weight/LiveLifeWellatSchool/LLWatS\\_Resources](http://www.nslhd.health.nsw.gov.au/HealthInformation/HealthPromotion/Pages/Projects/Healthy_Weight/LiveLifeWellatSchool/LLWatS_Resources)

## How Does Your Garden Grow (S2)

- [www.nslhd.health.nsw.gov.au/HealthInformation/HealthPromotion/Pages/Projects/Healthy\\_Weight/LiveLifeWellatSchool/LLWatS\\_Resources](http://www.nslhd.health.nsw.gov.au/HealthInformation/HealthPromotion/Pages/Projects/Healthy_Weight/LiveLifeWellatSchool/LLWatS_Resources)

## Kitchen Gardening for Sustainability (K-6)

- [www.schoolsequella.det.nsw.edu.au/file/91cbd106-7d39-4597-b461-246c7836d7de/1/Kitchen-gardening-sustainability-wellbeing-K-6.docx](http://www.schoolsequella.det.nsw.edu.au/file/91cbd106-7d39-4597-b461-246c7836d7de/1/Kitchen-gardening-sustainability-wellbeing-K-6.docx)



## Good For Kids Good for Life Energizers (K-6)

- [www.goodforkids.nsw.gov.au/primary-schools/physical-activity/teaching-resources-links](http://www.goodforkids.nsw.gov.au/primary-schools/physical-activity/teaching-resources-links)

## For further information:

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