Live Life Well @ School

Teaching Ideas for PDHPE

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





Jack's Fantastic Day resource pack (ES1)

 www.healthykids.nsw.gov.au//teachers-childcare/livelife-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



Power Down (S3)

 www.goodforkids.nsw.gov.au/primary-schools/ physical-activity/teaching-resourcespowerdown





Fundamental Movement Skills Cards (K-6)

Available to order



Physical Activity (K-6)

 www.healthykids.nsw.gov.au/teachers-childcare/livelife-well-@-school/resources-for-teachers/physicalactivity



Yulunga Traditional Indigenous Games (K-6)

 www.sportingschools.gov.au/resources-and-pd/ schools/yulunga



Playing for Life PE Teaching Resources (K-6)

• www.sportingschools.gov.au/resources-and-pd/



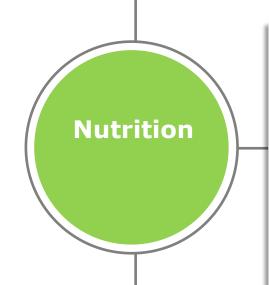
Sports Ability PE Inclusive teaching Resources (K-6)

 www.sportingschools.gov.au/resources-and-pd/ schools/sports-ability



FMS posters (K-6)

 www.nslhd.health.nsw.gov.au/HealthInformation/ HealthPromotion/Pages/Projects/Healthy_Weight/ LiveLifeWellatSchool/LLWatS_Resources







Magic Lunchbox resource pack (ES1)

• 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/livelife-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/livelife-well-@-school/resources-for-teachers/nutrition

Crunch&Sip

Crunch & Sip teaching resource pack (K-6)

 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



Coal Loader Nutrition Teaching Ideas (S2)

 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



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



Go Time! Energisers

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

 www.goodforkids.nsw.gov.au/primary-schools/ physical-activity/teaching-resources-links

For further information:

NSLHD-LiveLifeWellatSchool@health.nsw.gov.au www.nshealthpromotion.com.au www.twitter.com/nshealthprom

