

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



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

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



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

Nutrition

Energizers



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/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

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



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

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

For further information:

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www.nshealthpromotion.com.au
[www.twitter.com/nshealthprom](https://twitter.com/nshealthprom)



Health
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