




Senior School - Physical Education & Health Activities Grid

<p><u>How to...</u> Write a procedure for a game you have played during sport. It might be an organised sport like Soccer or a game like Battle Ball. Make sure you include the correct subheadings.</p> 	<p><u>Healthy Canteen</u> Design a healthy menu for a school canteen.</p> 	<p><u>Design an advertisement</u> Design an ad to promote a sport or healthy food.</p> 	<p><u>Yoga</u> Participate in some yoga activities and draw pictures of different poses.</p> 
<p><u>Did you know that?</u> Choose a sport of your choice and research interesting facts about it.</p> 	<p><u>Fitness Challenge</u> Complete the following: 10 star jumps 10 push ups 10 sit ups</p> 	<p><u>What do you think?</u> Should school canteens sell junk food? Write a list of arguments for or against.</p> 	<p><u>Play a Board Game</u> Play a board game or card game with a parent or sibling.</p> 
<p><u>Food Journal</u> Keep a list of all the food you eat in a week. Would you say it was healthy or unhealthy?</p> 	<p><u>Sports Report</u> Write a newspaper report about your favourite sport.</p> 	<p><u>Outdoor Challenge</u> Create your own outdoor fitness circuit using your own sports equipment or items in your backyard.</p> 	<p><u>Exercise Journal</u> Keep a diary of all the exercise you do in a week. You should aim for at least 30 minutes a day.</p> 
<p><u>Sun Smart</u> Create a poster promoting the importance of being Sun Smart.</p> 	<p><u>1 minute challenge</u> Record how many of the following you can do in 1 minute: -star jumps -push ups -sit ups</p> 	<p><u>Sports Hero</u> Write a fact sheet about your sporting hero. Why are they your hero?</p> 	<p><u>Ball skills</u> Get a ball and complete the following with a partner or against a wall. -underarm throw -overarm throw -chest past -clap and catch -target throw</p> 

