

ATTENTION ALL TEACHERS



- What is FitKids4SickKids?**
 - ✓ an educational program designed to meet **KLA's** from the PDH&PE curriculum
 - ✓ provides school children with the **skills** and **knowledge** to maintain **healthy living** attitudes for life
 - ✓ addresses the **serious issue** of childhood **obesity**
 - ✓ runs **4 weeks in May** with first week's material distributed 30 April

The Resource – a snapshot

Week	Theme	What Students Learn	Physical Activity	Nutrition Focus
1	Modern Living	<ul style="list-style-type: none"> • Factors in society that contribute towards sedentary living • The differences in living patterns over the years. • The benefits of being fit • Ways of improving physical fitness • Healthy eating 	Daily activities that can be undertaken in the classroom or playground. <u>Plus</u> One 45-60 min practical session	Includes classroom activities completed as individuals, in small groups or as a class.
2	Recreational Pursuits	<ul style="list-style-type: none"> • The benefits of recreational activities. • How to select a recreational activity • Food and families 	Daily activities that can be undertaken in the classroom or playground. <u>Plus</u> One 45-60 min practical session	Includes classroom activities completed as individuals, in small groups or as a class.
3	Exploring the Community	<ul style="list-style-type: none"> • What facilities are available in the community • The range of activities available • Food and the individual 	Daily activities that can be undertaken in the classroom or playground. <u>Plus</u> One 45-60 min practical session	Includes classroom activities completed as individuals, in small groups or as a class
4	Self Management	<ul style="list-style-type: none"> • Factors that influence physical activity. • How to set goals for participation • Influences on food choices 	Daily activities that can be undertaken in the classroom or playground. <u>Plus</u> One 45-60 min practical session	Includes classroom activities completed as individuals, in small groups or as a class

- What do you get?**
 - A **teaching guide** with **student worksheets** to support each week's activities
 - General **information** on healthy living behaviours to **support** and guide teachers
 - Guide** for all **activities** listed in the program



Supporting Children's Hospitals in Qld, NSW, Vic and TAS