



Safety in Schools Week June 8th to 12th 2009

AGENCY ACTIVITY

Agency

Australian Physiotherapy Association

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Activity Title **Be fit – play safe**



Activity Title

| Learning Area | Link to K-10 Syllabus | Outcome |
|-------------------------------|--|---|
| Health and Physical Education | <u>Early Childhood (K-3)</u> | Knowledge and Understanding |
| | Context: WELLNESS Topic: Resilience | <ul style="list-style-type: none"> The meaning and dimensions of health Ways to keep healthier and safer |
| | Context: LIFESTYLE CHOICES Topic: Fitness | Interpersonal Skills <ul style="list-style-type: none"> Communicating Co-operating and collaborating in groups |
| | Context: MOVEMENT SKILLS Topic: Fundamental Movement skills | Self-management Skills <ul style="list-style-type: none"> Managing emotions Deciding and acting |
| | | Skills for Physical Activity <ul style="list-style-type: none"> Body management and spatial awareness Balance and stability |

Phases of Development Early childhood (K-3)
Middle childhood (4-7)

Approximate Time Required 30 minutes max.

Resources Required

Floor Space: Open area or gym with enough space to set up at least 4 'activity stations' – This will depend on the number of children.

Equipment required:

- 2 x balance beams (on floor) - width 4inch/10cm
- Masking tape (to be placed on floor) – approx 2m length
- Beanbags
- Variety of balls – different sizes
- 4 hoops

If the equipment can not be supplied by the school, arrangements can be made for the equipment to be provided by the presenter.

Activities may vary depending on the equipment available but will still address the main theme of 'fitness'

Procedure

Contact the Australian Physiotherapy Association to schedule qualified Physiotherapists to visit to your school and conduct this activity.

Physiotherapists will conduct talks on fitness and its relationship to safe physical activity. The children will participate in various activities to demonstrate strength, balance and flexibility.

Community Links

How could the school involve the local community in Safety in Schools Week?

- Physiotherapist to talk on fitness and its relationship to safe physical activity for the whole family, working with the school's Parents and Friends Association. Metropolitan area only.
- Physiotherapist to provide advice to the school and/or work with the school to approach local government regarding playground equipment and design that promotes fitness for children and families. Metropolitan area only.

How could the school involve parents and seniors in Safety in School Week?

- Talks at the school, provided by the physiotherapist, would include an invitation to grandparents or older relatives to attend these information sessions on the subject. Fitness helps all age groups to engage in safe physical activity. Available in the Metropolitan area only.

Policy and Procedures

Are you aware of the School's written Health and Safety Policy? If not: -

- Check with administration
- Refer to the Department of Education and Training's Risk Management Policy and Occupational Safety and Health Policy

Do you have safety structures and procedures in place?

- Are there procedures for warming up before sporting activities?
- Does the school have a first aid person? (Structure)
- Is there a plan of how to access the first aid person? (Procedure)

Other Resources Available

Brochures and posters will be used as part of the talk. Children will be provided with a take home sheet of information and activities at the end of the session.