



Safety in Schools Week June 9th to 13th 2008

Celebrating 10 Years

Agency **Australian Physiotherapy Association**

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AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION

Activity Title

BALANCE
= **SAFE PLAY**
= **FUN!**



THE UNIVERSITY OF
NOTRE DAME
AUSTRALIA



Schools of Physiotherapy

Activity Outcomes

Learning Area	Outcome	Link to K-10 Syllabus
Health and Physical Education	Knowledge and Understanding	<u>Early Childhood</u> Context: Lifestyle Choices Topic: Fitness
	Self-management Skills	Context: Safety Topic: Personal safety Keeping safe Staying safe
	Skills for Physical Activity	Context: Movement Skills Topic: Fundamental movement skills
		<u>Middle Childhood</u> Context: Safety Topic: Responding safely Personal safety – making good Choices
		Context: Movement Skills Topic: Fundamental movement skills
		Context: Health related Fitness & Recreation Topic: Physical Activities for health

Phases of Development

Early Childhood (K-3), Middle Childhood (4-7)

Resources Required

Talk accompanied by practice
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 balance beams (on floor) (width 4inch/10cm)
Beanbags
Tape on floor – approx 2m length, wide masking tape/duck tape
4 hoops
2 soccer size balls

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

Procedure

Physiotherapists will talk on balance and its relationship to physical activity
Physiotherapists will demonstrate balance exercises
Students will practice balance exercises in groups in a circuit format and learn how to practice these exercises

Students will gain:

- Understanding of the importance of balance
- Knowledge on what helps balance
- Understanding that balance is a basic movement skill used in all tasks
- Understanding that balance can deteriorate with lack of physical activity
- Knowledge that balance can be improved

Community Links

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

- Physiotherapists to talk on balance issues, raise awareness and practice
- Physiotherapists to provide advice to school and/or work with school to approach local government regarding playground equipment and design that promotes balance as a part of physical activity

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

- Physiotherapist to talk to P&C and school groups and invite grandparents or older relatives to attend these information sessions on the subject. Older people have a high risk of falls and physiotherapists work to reduce the risk of falls in older people

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
- Visit the Kidsafe WA Website for guidelines www.kidsafewa.com.au

Do you have safety structures and procedures in place?

- Do students understand the importance of balance and how it can be improved?

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



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