



Curriculum activities: Health & PE

Create a nutritional menu plan for the week (use supplied template)

Capabilities: literacy, numeracy, personal & social capability, critical & creative thinking

Create a physical exercise and wellbeing timetable - explore ways to build strength, stretch and be mindful

Capabilities: literacy, numeracy, personal & social capability, critical & creative thinking

Plan an orienteering day for families

Capabilities: personal & social capability, critical & creative thinking, literacy, numeracy, potentially technology

Take the class on a neighbourhood walk with a list of items to find

Capabilities: personal & social capability, critical & creative thinking, literacy, numeracy

Plan a mini Olympics or games day for families and community

Capabilities: personal & social capability, critical & creative thinking, literacy, numeracy, potentially technology

Set physical goals for the course of the week, eg skipping rope or ball skills and work towards those goals

Capabilities: personal & social capability, critical & creative thinking, literacy, numeracy, potentially technology

Join two classes together - to allow older students to teach younger students new ball games or physical skills

Capabilities: personal & social capability, critical & creative thinking

National Families Week

15 - 21 May

