



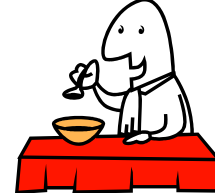
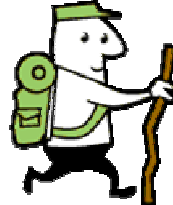
# Curriculum Chatter

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## Active School Curriculum And Healthy Eating

Learn to move  
and  
move to learn



### What is it?

The Australian Government is committed to increasing the levels of physical activity in primary and secondary schools leading to healthier, more active Australians.

### Why is it needed?

Children who combine a balanced diet with regular activity will be happier, healthier and more ready to learn. Physical activity can play a major role in maintaining healthy body weight and reducing the chances of developing heart disease and diabetes. It also contributes to healthy bone development and has numerous benefits in terms of social interaction, mental alertness and motor skills.

Some children are not spending as much time engaged in physical activity as children in previous generations. Recent studies suggest that about 40 percent of children are missing out on outside school hours sporting activities. This is contributing to the fact that there are currently 1.5 million young people under the age of 18 in Australia who are either overweight or obese. Once children or adolescents are overweight, it is difficult for them to get back to a healthy weight.

### What will it do?

The majority of children spend six hours per day in school for 40 weeks of the year. Schools are therefore well placed to provide children with the opportunity to be physically active. Given the amount of time children spend at school, it is important that they spend some of this time doing physical activity and learning about the importance of daily exercise. Schools and teachers have enormous influence on children and have an important role to play in supporting parents in teaching children about healthy eating and exercise. Opportunities for physical activity at school include PE classes, Platoon time, access to school equipment, playgrounds, specialist sporting programs and after school programs.

### How do I become involved?

Whilst the government is requiring schools to increase physical activity, this is only part of the solution. It is important that these activities are positive experiences for children, to ensure that they are not discouraged at an early stage. Becoming involved yourself, by playing with your children outside of school hours will encourage them to be active, improve their co-ordination and skills and further build their confidence. Providing a range of healthy food choices and encouraging the 2 fruit and 5 veg strategy enables your child to meet their daily nutrition requirements and maintain a healthy lifestyle.

**Noreen McMenemy - Physical Education and Sport**