

Workshop D: Physical Activity, Fit for Life

Part 1 Lesson Plan

Time	Content	Method	Resources	Handouts
4 minutes	Introduction and workshop overview	Ice-breaker Lecture		
5 minutes	Current physical activity habits	Lecture		
5 minutes	Benefits of physical activity	Lecture		
5 minutes	Physical activity recommendations	Lecture Activity	<ul style="list-style-type: none"> Australia's Physical Activity Recommendations for 5-12 Year Olds brochure. <i>Unplug + Play</i> Parent Campaign 	D1
30 minutes	Fundamental movement skills	Lecture Discussion Activities	<ul style="list-style-type: none"> Written examples of FMS 	D2
10 minutes	Reducing screen time	Lecture Discussion Activity		
10 minutes	Physical activity ideas	Activity Discussion lecture		
25 minutes	Overcoming barriers <ul style="list-style-type: none"> - Weather, including SunSmart - Lack of time - Cost - Safety 	Activity Lecture Discussion	<ul style="list-style-type: none"> Items to assist with activities listed on handout D3 (e.g. skipping rope) Kidsafe WA resources 	D3
8 minutes	Physical activity programs in WA	Lecture Discussion		D4
3 minutes	Conclusion and Evaluation		<ul style="list-style-type: none"> Action plan cards 	D5 Evaluation form

Total time: 1 hour and 45 minutes