

# Health and P.E. @ Kangarilla



## R-2

Food and nutrition – We are developing an understanding of the Australian Guidelines to Healthy Eating and sorting food and drinks into **Green**, **Amber** and **Red** food categories. Children are then able to identify if these foods are within the eat plenty, select carefully or sometimes groups. There has been a lot of conversation about where some of these foods fit depending on whether they are homemade or purchased at a store.

Health benefits of physical activity –we are looking at the benefits of living a healthy and active lifestyle and brainstorming all the physical activity we do both in school and outside of school with our families.

Active play – we have started the year with many new games and are quickly learning new skills. Some of the favourites have been a fresh and improved version of the old favourite line chasey, level chasey and ship, shark, shore.

## Year 3-7

Food and nutrition – We have looked at the Australian Guidelines to Healthy Eating and sorted food and drinks into **Green**, **Amber** and **Red** food categories. Students are then able to recognize if these foods are within the eat plenty, select carefully or sometimes groups. There has been a lot of conversation about where these foods fit on the spectrum and their nutritional value.

Health benefits of physical activity – we will be looking at the benefits of living a healthy and active lifestyle and its importance in the early teenage years.

Games and sports – We are further developing our basic ball skills and refining our technique with throwing, catching, dribbling and shooting.

## Term 1, 2017

[carly.rosser348@schools.sa.edu.au](mailto:carly.rosser348@schools.sa.edu.au)

This term is all about healthy food, active bodies and developing fundamental skills.

We are developing our basic ball skills and have enjoyed using these skills within games of Golden Child, Elimination and Basketball.

## Healthy Smoothies and Dips

We will be starting our recipe book with lots of yummy smoothies and dips in the second half of the term. If anyone has any (additional to their needs) cucumbers, beetroots, carrots or suitable fruits in their vegetable garden we will happily take them off your hands.

Thank you