



Premiers Active April - Teachers Resource

To register for Active April and all the offers that come with it visit www.activeapril.vic.gov.au

South Coast Prevention Team - Working together with our community to achieve healthy lifestyles

If you would like further information please contact the South Coast PCP on 03 5671 4272 or admin@southcoastpcp.org.au



Day 1	Day 2	Day 3	Day 4			
Make sure you take advantage of Active April and your 10 free visit pass at your local YMCA!	Lunchtime Netball will be run for anyone wanting to have a social game of netball.	'Let's dance' will be running on the basketball courts during lunchtime. (Dance party).	Active April is a great time to bring families together for a walk, jog or run. Check out your local parkrun Australia. Inverloch Parkrun Churchill Island Parkrun Koonwarra Parkrun Grand ridge rail trail Parkrun			
Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
Schools jump rope talent show. Come up with a mind blowing jump rope routine (either individual or in a group).	Yoga will be run on the oval just bring a towel and enjoy some gentle flow and deep breaths.	How long can you hula hoop for? Join in the Hula Hoop fun on the oval at lunchtime.	Lunchtime Basketball will be run for anyone wanting to have a social game of basketball.	Make a splash! Use one of your free passes to your local YMCA and go for a swim.	Head to your local playground and set up a ninja warrior course or don't touch the tan bark course.	Bass Coast Rail Trail is a perfect location to take a walk, run or cycle along the 23 kilometre trail which showcases stunning backdrops and coastal views.
Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
During the school holidays grab your bike and go for a ride on one of the rail trails.	Burn off the Easter calories, put on your walking shoes and explore South Coast tracks and pathways.	Can't get out of the house during the school holidays why not complete a short 30 minute workout at home. Just register for Active April to access free videos covering all kinds of exercise range.	Take your dog for a walk or to an off the leash area or beach.	In your class have a game of 'Captains Orders'. The faster the actions are called & performed, the trickier (& funnier) the game becomes. More information childhood101.com/games-for-kids-how-to-play-captains-orders/	Class could take a morning stretch with each class member giving a stretch suggestion.	Play a game of 'Simon Says', such as shake your whole body, hop like a frog, pretend to shot 10 basketball hoops, wave your arms above your head.
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25
Have a game of FITNESS BINGO. Create a bingo card with 9 easy activities such as jumping jack, hop on one foot, touch the floor and jump up, curl up in a ball.	Play a game of 'Simon says'. Increase difficulty by marching or skipping on the spot whilst playing.	Classroom activities; go onto the basketball court and do a team spelling bee.	Join us on the soccer oval for some soccer fun at lunchtime.	In-class energisers are activities completed inside the classroom where the teachers plans a short break in classroom work to have the students complete a simple movement or activity at their desk, next to their desk.	Rock, Paper, scissors around the playground or around the classroom.	Classroom activities; Count to 100 using various movements for each group of 10 or movement for each multiplication. Even a timetable race.
Day 26	Day 27	Day 28	Day 29	Day 30		
Classroom break 'Line up' students line up using a specific criteria, such as age, height, name, hair colour or length.	Meet on the football oval and see who can kick the longest goal for your grade?	Classroom activities; class could take a morning walk and talk.	Play a game of Heads Down, Thumbs Up	Last day of the Premier's Active April. Make sure you have logged all your activities and complete one of your favourite activities.		