







HPE DAY 2019

On Thursday 12 September 2019 the Thomas Hassall PDHPE Faculty hosted National Health & Physical Education (HPE) Day for all Secondary and Year 6 students.

This event is a nationwide initiative that highlights the importance of HPE in the Australian Curriculum, and its influence on the health, learning, wellbeing and development of young people.

Australian school children rank among the worst in the world when it comes to their physical activity levels. This day is one avenue in which Thomas Hassall students are encouraged to participate in physical activity.

National HPE day is also supported by the national “Find Your 30” health promotion campaign. This encourages all Australians to find 30 minutes of Physical Activity each day. To achieve this goal students had the opportunity participate in the following activities:

- *September Health Facts Challenge*: this amazing race type activity allowed students to work in small groups to navigate themselves around the College to find health facts. This activity also raised money for the Cerebral Palsy Alliance as part of September.
- *Competitive Volleyball*: Students compete whilst socialising and enjoying the lifelong sport that Volleyball is.
- *Social Challenges*: These activities were designed to involve students in less traditional physical activities and challenges. These activities included: Archery Tag, Cage Soccer, Motion Sports, Dartball.

The day was a wonderful, full of great participation, enjoyment and service by all students. This year HPE day not only achieved daily physical activity levels for all, but also in helped to raise money for the College’s September Charity event.

Thank you all for your participation and the donations you have made to the Cerebral Palsy Alliance. Every dollar raised will provide vital equipment, therapy and services to children and adults living with cerebral palsy.

Mr Kent Weir

Faculty Co-ordinator - PDHPE