

Nutrition Resources for the Primary School Classroom

Resource	Stage			
	ES1	S1	S2	S3
 <p><u>NSW Health Teacher nutrition resources</u> A variety of nutrition lesson ideas and resources.</p>	✓	✓	✓	✓
 <p><u>Fruit and Veg Month Resources</u> Easy to use classroom activities (ES1 – S3) with cross-curricula outcomes</p>	✓	✓	✓	✓
 <p><u>Crunch&Sip® School Resource Pack</u> Food and nutrition focused classroom activities that fit within the NSW primary schools PDHPE curriculum and also meet other cross-curricula outcomes</p>	✓	✓	✓	✓
 <p><u>Healthy Lunch Box</u> Cancer Council NSW website features an interactive lunch box builder that enables parents and students to plan a healthy lunch box.</p>	✓	✓	✓	✓
 <p><u>The Magic Lunchbox</u> is a story book which teaches students about packing a healthy lunchbox for school. Look under the 'Magic Lunchbox Resources' tab to find free supporting classroom resources.</p>	✓			
 <p><u>Vege Adventure</u> is a one week activity to promote fruit and vegetables as part of the Crunch&Sip® break at primary school.</p>	✓	✓		
 <p><u>Live Outside the Box</u> is an interactive, fun, one-week activity for Stage 3 school students on how to maintain a healthy active lifestyle.</p>				✓
 <p><u>Q4:H2O</u> is a one week activity to promote healthy drink choices to children and their parents/ carers. Look under the 'Teacher Information & Classroom Activities' tab for lesson plans.</p>			✓	
 <p><u>How RU travelling?</u> is a one week activity to promote health behaviours including active travel to school, Crunch&Sip® break at school, vegetable consumption, and replacing screen time with physical activity.</p>				✓

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Adapted from Central Coast LHD Health Promotion Service

Resource		ES1	S1	S2	S3
	<p><u>Healthy Eating curriculum for South Australian primary schools</u></p> <p>All lessons have suggested year levels, although they can often be adapted for other age groups.</p>	✓	✓	✓	✓
	<p><u>Discover Dairy</u> provides tools and resources for teachers and students that are linked to the curriculum including nutrition focused modules.</p>	✓	✓	✓	✓
	<p><u>Nude Food Day</u> lesson plans that aim to build greater understandings about the effect food choices have on our health and the effects of rubbish/waste on the health of our environment.</p>	✓	✓	✓	✓
	<p><u>Refresh.ED</u> Edith Cowan University, WA has developed teaching and learning materials for K – 10 to help teachers introduce food and nutrition in their classrooms.</p>	✓	✓	✓	✓
	<p><u>Fresh for Kids</u> provides teachers with curriculum-aligned resources focusing on the benefits of consuming fresh fruit and vegetables. There is also a Farm to Plate program in the 'For Teachers' tab.</p>	✓	✓		
	<p><u>Rethink Sugary Drinks</u> Critics' Choice is a year 5 – 10 school initiative coordinated by Rethink Sugary Drink, a partnership between 18 health and community organisations.</p>				✓
	<p><u>Phenomenom!</u> is a free digital toolkit for teachers, jam-packed with springboard episodes and lesson plans, designed to tickle students' tastebuds for learning.</p>		✓	✓	
	<p><u>FEAST</u> is a year 5 and 6 curriculum aligned program, inspiring kids to eat healthy, waste less and become change-makers in their local community.</p>				✓
	<p><u>Kitchen gardens</u> enable schools to promote environmental and sustainability learning. They provide opportunities to grow and produce healthy food and connect students with healthy food and lifestyles.</p>	✓	✓	✓	✓
	<p><u>Kids Grow Kids Cook</u> provides advanced preparation for teachers around cooking skill for kids.</p>	✓	✓	✓	✓

Websites for general nutrition information



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Physical Activity Resources for the Primary School Classroom

the Primary School Classroom				Stage							
Resource		ES1				S1		S2		S3	
Curriculum Support											
	<u>DoE PDHPE Curriculum Support</u>										
	<u>Sample PDHPE Scope and Sequence Unit of Work</u>										
	<u>Physical Literacy Continuum</u>										
	<u>NSW DoE Resources</u> a variety of teaching resources from activity cards, Fundamental Movement Skills planning guides, checklists and videos										
	<u>Get Skilled Get Active Booklet and videos</u> A K-6 resource to support the teaching of fundamental movement skills										
	<u>NSW Premier's Sporting Challenge</u>										
	<u>Race Around Australia</u>										
	<u>Thinking while moving Maths & English - teaching & Learning resources</u>										
	<u>How are you travelling?</u>										
	<u>Live outside the box</u>										
	<u>FMS Links in the new PDHPE Syllabus</u>										
	<u>Good For Kids Power Down</u> Resource aims to raise awareness of the amount of time students spend using screens and encourages them to look for active alternatives.										
	<u>Play For Life</u>										
	<u>Sports Ability</u> - Inclusive activity cards designed to assist the delivery of sports-based activities that cater for all levels of ability.										
Jack's FUNtastic Day		Yulunga Traditional Indigenous Games		Healthy Fundraising		Fast Start Cards					
											

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	ES1	S1	S2	S3
Ideas for incorporating physical activity into every school day				
				
				
				
	✓	✓	✓	✓

Physical Activity Guidelines



Australia's 24 hour Movement Guidelines

NSW Department of Education Sport & Physical Activity Policy

states that schools are to include 150 minutes of planned physical activity each week.

Sport Safety Guidelines were developed to support and inform NSW schools in planning and implementing safe sport and physical activity.

Guidelines for using contracted external providers for physical education and school sport developed to assist primary schools with the decision to use contracted external providers for physical education for children Years K-6.

Research

- NSW Schools Physical Activity and Nutrition Survey (SPANS) 2015 full report
- NSW Auditor-General's Report Performance Audit - Physical Activity in Government Primary Schools
- Brain boost, learning benefits of physical activity

Websites for physical activity information

SPORTAUS



AIS



School sport



Health
Illawarra Shoalhaven
Local Health District

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