PA4E1 returns for 2014

Physical Activity 4 Everyone (PA4E1) is back at your school in 2014!! This Australian first program is designed to keep students active and healthy. You may remember it all started two years ago at your child’s school, with all Year 7 students invited to participate in the measurement component of the program (survey, accelerometer & height, weight and waist measurements).

For the past 2 years PA4E1 has provided your school with new PE equipment and an extra support person (Jarrod Wiese, PE teacher) 1 day a week, to help set up
- active games at recess and lunch
- assist each student to develop their personal physical activity plan
- develop new ways to make PE times as active as possible
- run a fun sport program called Program X
- build partnerships between the school and local community

Parents can support this initiative by being active role models and encouraging teenagers to be more active.

**Measuring changes…Let’s see if this program works!**

The program is now in its final year and we will be working hard to ensure these fun strategies remain at the school. We’ll also be repeating all of the same measurements from your child, now in year 9. This involves one last wear of the accelerometer (1 week only), completing an online survey and having height, weight and waist circumference taken...

Measuring any changes in your child’s physical activity levels, their attitudes and beliefs about physical activity, their usual physical activity habits and their height, weight and waist circumference helps us to see if the PA4E1 program has been successful and helps keep students active.

**Why is it So Hard?**

There can be many barriers to physical activity which can prevent your children and yourself from participating in physical activity. Some activities cost a lot of money, some take a long time to get to, sometimes you may not even know they’re available in your local area. Here are some ways you can tackle the most common barriers to physical activity.

- Try some low cost activities in your community such as walking and bike trails, parks, beaches and lakes. Your local PCYC will have a variety of low cost activities available as well. Spend time with friends and family in the local park or oval.
- Use a family planner to schedule family activity time. Plan around work and school time commitments to make the time

---

**Did you know?**

If your child wears their accelerometer it gives us extremely helpful data in order to continually improve the physical activity levels of teenagers.

As this is a new initiative and an Australian first program, it’s extremely important to us to have all students that have been involved in previous years, help us one last time. So, if your child had one or more of these things measured in the last two years, we’ll be back at your school this year to measure them again. Thank you for consenting to these measurements and for your child’s participation over the last two years. Your child will receive a small gift to thank them for their participation.

Just like last time, you and/or your child will receive reminders by sms to wear the accelerometer each day and to return it to school. We look forward to seeing your child again this year.
schedule realistic and achievable.

• Check your local paper and community notice boards. Now is a good time for new activity groups, classes and events to commence. There are plenty of community groups in your local area your family could get involved in.
• Check out this Australian Government site to find a sports club near you.
  http://www.ausport.gov.au/participating/find_a_sporting_club

New year, new activity….

In 2013, PA4E1 organised a variety of community groups to come to your child’s school for a physical activity expo. Perhaps your child discovered a new activity, or rediscovered an old one. If your child enjoyed one of these perhaps it’s an opportunity to get involved in 2014. Ask your child about starting something new in 2014. Information about the various options were sent home in 2013. If you need help locating it again please contact the PDHPE Department.

Keep an eye out for…

New and continuing PA4E1 initiatives happening at your child’s school this year. Ways you can help your child enjoy these activities are listed below.

Personal Physical Activity Planner

Finding 60 minutes of physical activity every day is one of the best things you can do for your social, mental and physical health. The physical activity planner is designed to help students get started and stay motivated to achieve their goals. Ask your child what their goals are and what strategies they have come up with to try and achieve them. Better still, help them achieve their goals by being active together.

Recess and Lunch Activities:
Fun activities are run at your child schools on at least two days per week at recess or lunch. All students are invited to participate and there will be spaces opened up such as halls, gyms or ovals to ensure there is plenty of space. Ask your child about the activities and encourage them to be involved. Research shows that taking part in physical activity at research and lunch is an important way to reach the goal of 60 minutes of activity every day.

Pedometers
During PE lessons your child has been using pedometers. These measure the amount of steps taken during a lesson and gives students an idea about how active they are. It also gives them something to aim for as they strive to be more active. You could ask your child how many steps they usually achieve in a PE lesson and what they would hope to be achieving this year.

Program X
Last year your child participated in an enhanced sport program called Program X. This involved trying out a number of exciting new activities such as:
• Circuit Training
• Cross Fit
• Zumba
• Skipping for Fitness
• Boxing for Fitness
• Gymstick Resistance Training
If your child showed interest in any of these activities you could encourage this interest by hiring a workout DVD from your local library or searching for local centers that offer programs such as these. eg gyms or the local PCYC