

**Welcome**

Thank you for buying the Health & Fitness Challenge Cards. We hope you find them a useful classroom resource. Their aim is to encourage children to take responsibility for their health and well-being, which involves educating them on good practices, encouraging them to talk about issues, and encourage them to think positively about their lives. The cards can be used to stimulate class discussions, or used as individual or group activities.

Your order

Inside the delivery box you will find the following

- the year levels you ordered
- storage boxes
- tax invoice

The Health & Fitness Cards

Each year level contains 100 cards. They are colour coded, which means that cards designed for one year level can be used by another year level, either higher or lower, depending on the students' abilities, or the school's health policy. Due to the colour code, notions of what 'year level' students are completing will not influence their choices.

<i>Colour</i>	<i>Year Level</i>
Yellow	Year 2
Red	Year 3
Purple	Year 4
Blue	Year 5
Green	Year 6

Answers / Information

Our website, www.challengecards.com contains a great deal of information, including complete details on the fitness cards, as well as information on nutrition, general guidelines, and student templates. Teachers are free to: print out a copy of the answers, copy the files onto their computer, or burn cd copies. The files have been created as pdf's for ease of use for PC and MAC users, but if you require Word files, please email us [archer@challengecards.com].

Cogitas Pty Ltd.

Cogitas, which means 'you think', embodies much thought about Primary School teaching. Both writers were Primary School teachers for many years. They both passionately believe in the importance of personal health, from eating well and exercising, to proactively working through difficult issues, and developing a positive self-image and strong relationships. "Talk about it" is one of our key life mottoes.

We hope the cards meet your expectations. We would be most grateful for any suggestions or corrections. Please email archer@challengecards.com

Thank you for purchasing our cards.