

HEALTH & FITNESS CHALLENGE CARDS

GUIDELINES FOR USE

- cards can be used by specialist teachers, for general classroom use, project topics, homework tasks, and general class discussion
- children learn a great deal by communicating their ideas, therefore having students work in pairs or groups can be very beneficial
- each card suggests a way in which children can express their learning, but 'answers' can be given in a massive variety of forms – poems can become plays, posters can become newspapers reports, etc
- cards do not have the year level printed on them (they are colour coded) therefore they can be interchanged between year levels
- teachers should read through all cards before classroom use to ensure that the topics covered are both relevant and appropriate for your class
- you may wish to remove cards whose topics may be too sensitive for some children, for example, the cards mention puberty, circumcision, physical abuse (child, teacher), very ill parents, adoption, bed wetting, divorce, jail, obesity, depression, eating disorders, death.
- please check website www.hennapage.com/henna/warnings.html for background information for the card on the dangers of black henna tattoos
- when children are completing fitness cards it is important for children warm-up first, such as 5 minutes of free dancing in the classroom, stretching, or jogging
- when exercising children need to stay hydrated, so have water available, and they need to wear non slip shoes
- children can record their results on the Fitness charts from the CD
- body mass index (BMI) information is included, its suggested use is to introduce children to the concept of a good height/weight ratio, but is really for use in later life