

ONLINE AND INTERACTIVE ACTIVITIES FOR PHYSICAL EDUCATION, HEALTH AND ROAD SAFETY

During these uncertain times it is important that we stay as fit and healthy as possible not only for our physical fitness but also our mental health. Even if you are confined to your home there are many ways in which we can keep our bodies and minds active. You can visit the [Healthy Kids NSW website](#) for tips and advice.

Websites with physical activities that can be done from home

- [Daily P.E. with Joe on YouTube](#). Indoor activities for individuals – He will post a new one each day at 9am.
- [Go Noodle](#). Movement and mindfulness videos created by child development experts.
- [SworKit Kid's Workouts](#). Kid-friendly workouts — choose from Strength for Kids, Agility for Kids, Flexibility and Balance for Kids, Warm-Up for Kids, Cool down for Kids, Stand Up and Move for Kids, OR create your own custom kid workout.
- [Cosmic Kids](#). Yoga and mindfulness for kids.
- [Kid's Workout: Beginners - 15 Min workout](#). Teach a child how to get in shape with exercises. Maurice takes you through a beginning workout for kids of all ages, even teens and adults. It's fun and healthy workout.

Interactive Health Lessons

These interactive lesson can also be shared Via Google Classroom:

- [Making the Case for Health](#) (Year 5-8)
- [Nutrition: What Your Body Needs](#) (Year 5-8)

ReachOut

[ReachOut](#) is whole-school approach to student wellbeing. It has engaging activities for students, credible, flexible resources for teachers and practical support for parents and carers.

Common Sense Education.

The [Common Sense Education](#) website contains multiple resources and links with ideas and tips on how to continue educating our students for online and at home learning.

Interactive and online Road Safety resources

Road Safety

Primary

- [Safety Town](#)
- School Drug Education and Road Aware – [Izzy's Road Safety Games and Education Sessions](#)
- Constable Kenny - [Parents and Carers resource](#)
- [Safety For Kids](#)

Secondary

- [On the Move](#)
- Road Safety Commission - [Online Physics of Speed Simulation Challenge](#)
- NSW Department of Education. Thrive – [Student Wellbeing](#)

Support Material

- [Centre for Road Safety](#)
- [NSW State Insurance Regulatory Authority](#)
- [Australian Bureau of Statistics](#)
- [Australasian New Car Assessment Program](#)
- [NSW Department of Education](#)
- [Association of Independent Schools NSW](#)
- [NSW Road Safety](#)
- [Towards Zero](#)
- [THINK Education Resources](#)