

Welcome! Can you solve these before we start?

7 = W of the A W

26 = L in the A

365 = D in a Y

39 G of S in 1 C of C

- **What begins with T, ends with T, and has T in it?**
- **What has keys but can't open locks?**
- **What has a neck but no head?**

HEALTHY TEACHERS



ACTIVE MINDS

Brought to you
by:

achper
VICTORIA

in conjunction
with

Western Health

Health Promotion
Team

‘WOMINJEKA’ -TO COME WITH PURPOSE-

We wish to acknowledge the Traditional Custodians; on whose land we meet today. We pay our respects to their Elders, past and present. We take this opportunity to reflect on the important role of education in providing opportunities for students to learn about both ancient and contemporary Aboriginal and Torres Strait Islander histories and cultures. We encourage everyone to nurture culturally safe environments which maintain respect and equity for all.



Artist: Stanley Couzens

You Yarrng

Wurdi Youang or Ude Youang

Big Mountain or Middle of a

Plain

MEET OUR BEST TEAM

SEAN DE MORTON
Professional Excellence Team



ANDY HAIR
Professional Excellence Team

2-4-2



JESSICA LAW
Western Health
Health Promotion Officer

38

4

8

4



WARNING

We modle

m i s t a k e

m a k i n g

LEARNING OUTCOMES

CONNECT

Connect with my colleagues in a fun and engaging environment

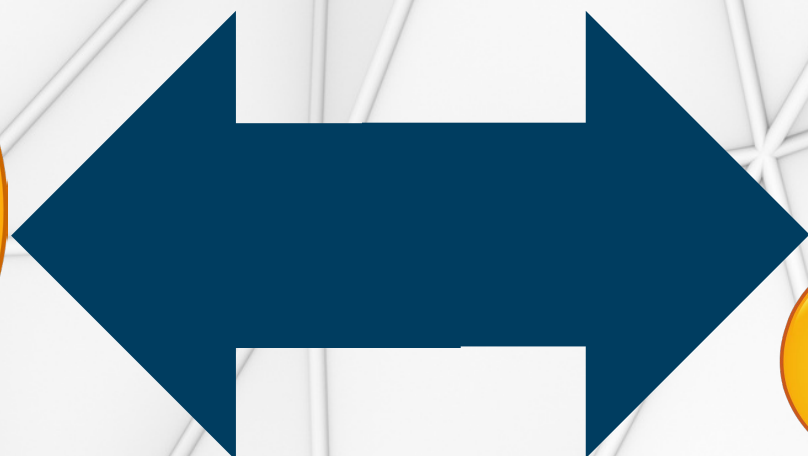
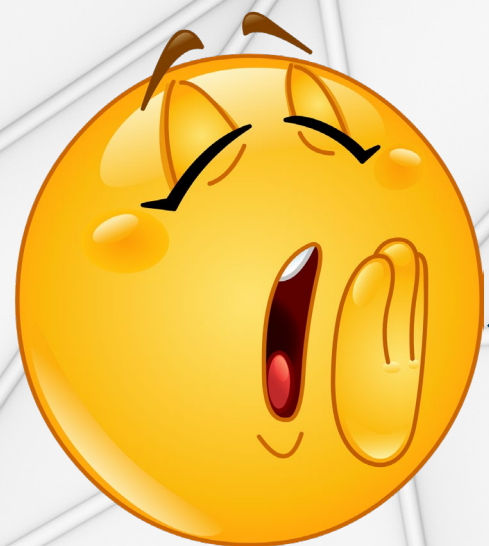
BRING

Be my best version of myself today

TAKE

Take at least two games from today and implement in my class tomorrow

READINESS TO ENGAGE



CONNECTIONS



**What is your
favourite
dessert to
consume?**

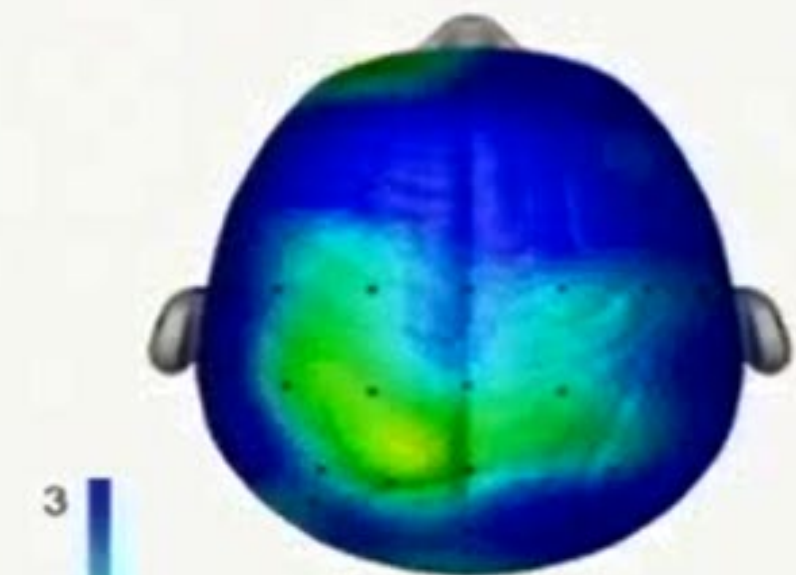


**What are the
benefits to
Active Breaks?**

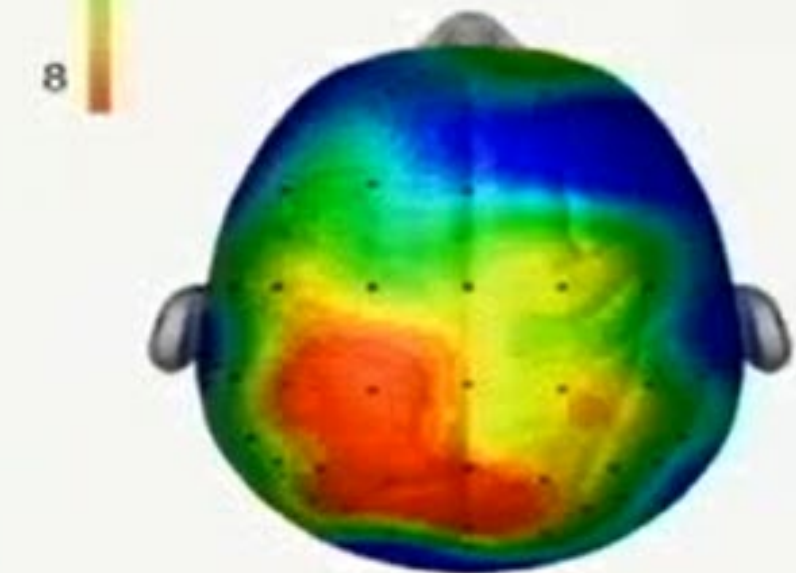


- Regulating arousal levels through sensory input to the eyes, ears, muscles, joints of the limbs, and skin
- Increasing productivity and motivation
- Increasing creativity and problem solving
- Improving mood and self-awareness
- Reducing stress and frustration
- Increasing focus and attention
- Clearing the working memory to integrate and process what has been taught
- Minimizing disruptive behavior
- Decreasing restlessness and fidgeting
- Promoting physical health and fitness

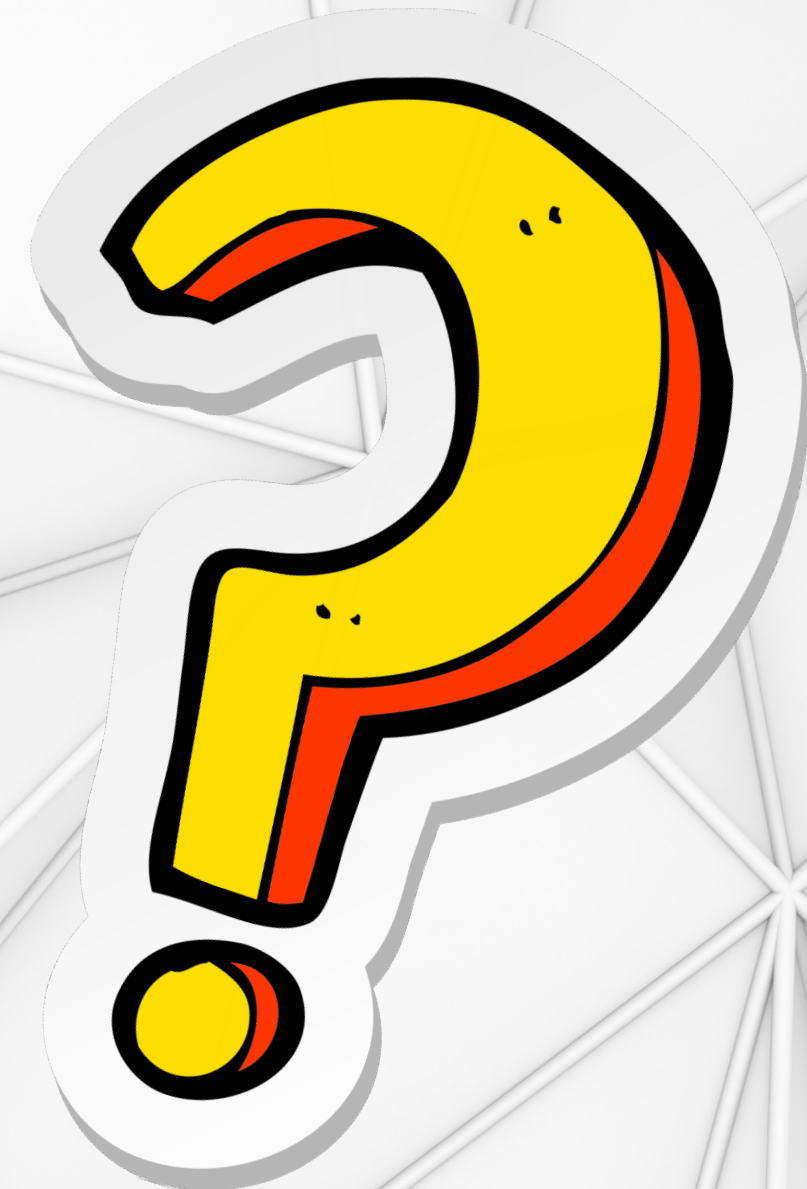
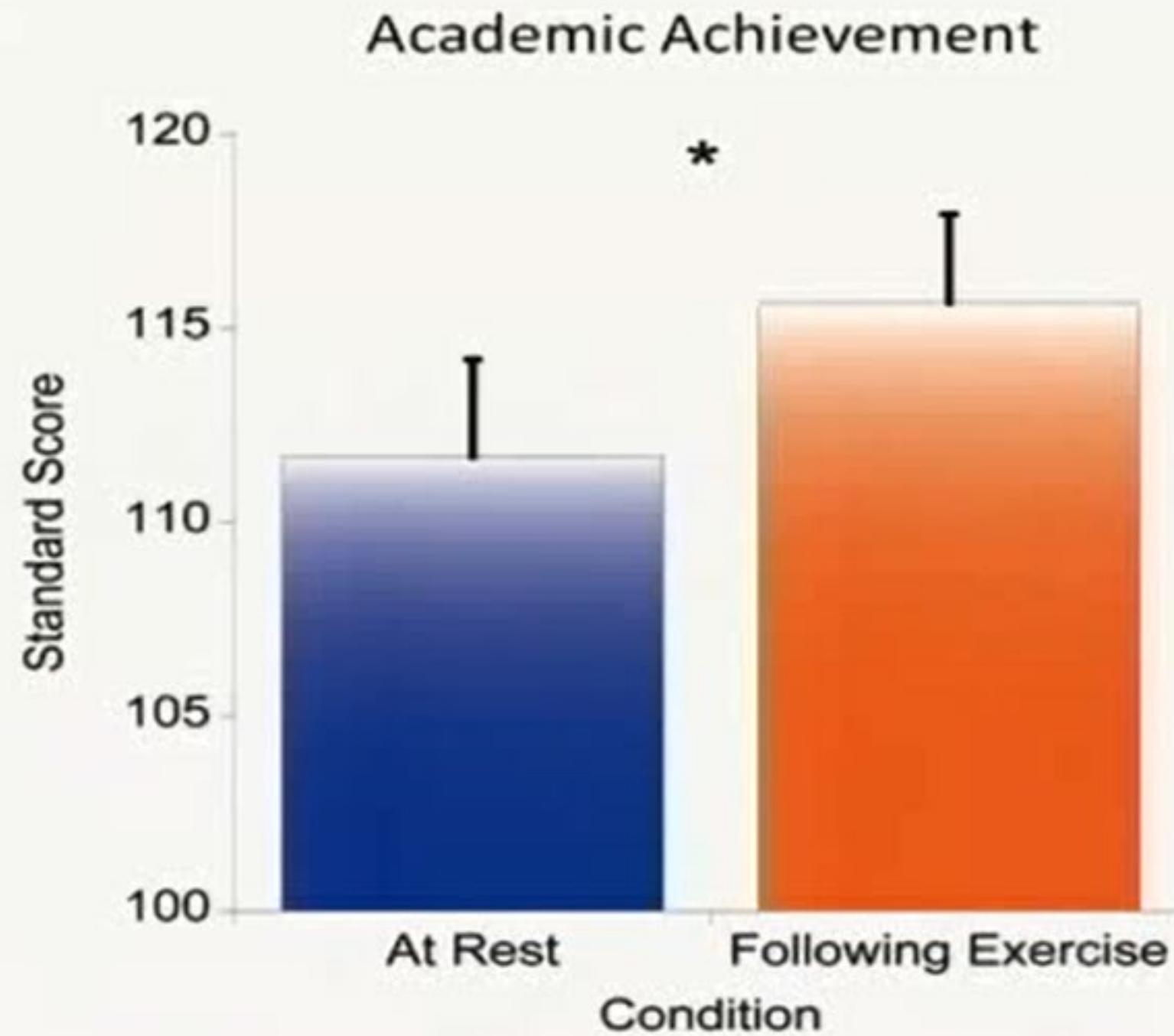
Movement & the Brain



At Rest



After Exercise



What does this picture tell you?



PRIMING

- Fast Arms
- Cross Town Connections



ENGAGING

- WAH Master
- Scavenger Hunt
- Set Go
- Rock, Paper, Scissors
 - Around the World
- Head Shoulders Knees and Grab



REFLECTING

- Head Heart Hands
- The Snowflake
- Back to Back
- 5,4,3,2,1



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SSV is partnered with playmeo. This partnership is another benefit of being an SSV member school.



Enterprise
Membership

playmeo
more than just fun



SIGN UP FOR PLAYMEO

About playmeo

playmeo is an innovative online platform of resources that helps experiential educators, teachers and camp leaders lead remarkably fun group games and programs that make a difference.

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Unique Registration Link

To take advantage of this offer all you need to do is click the "Register Now" button below to access the unique registration link.

Register Now →



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*** FEEDBACK ***



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