

VOLKSWAGEN FOOTY FIT GAME PLAN

Healthy Habits Tokens

10 TOKENS AVAILABLE!

You must use these in the Healthy Habits section on your [Stadium Scoreboard](#). You can only earn a maximum of 10 tokens for this section.

CORE ACTIVITIES	TOKENS UP FOR GRABS
<p><u>How Do I Get Fit?</u> - Create an Activity Pyramid. Things you should be doing lots of and quite often go at the bottom of the pyramid, things that are okay in small amounts go in the middle section, and things you should try to limit or reduce go in the top section. Use pictures, words and colour to create an eye-catching poster you can stick on your wall at home to remind you of activities you can do to keep healthy.</p>	Earn one Healthy Habits token
<p><u>Fuelling Your Body</u> - Correctly complete the Healthy Lunchbox Template.</p>	Earn one Healthy Habits token
<p><u>Routines and Habits</u> - Write a letter to your future self-using the Future Self Letter Template.</p>	Earn one Healthy Habits token
<p><u>Routines and Habits</u> - Complete the Routine and Habit Changer Planner and Schedule (choose either Years 3 & 4 or Years 5 & 6)</p>	Earn one Healthy Habits token
<p><u>Routines and Habits</u> - Design a Sydney Swans banner with an inspirational message that will help you achieve your goals. Use the Banner Template.</p>	Earn one Healthy Habits token

BONUS ACTIVITIES	
<p><u>How Do I Get Fit?</u> - (GLOBAL GOAL 3) In small groups, plan, storyboard, write and film a health and fitness ad for the government. It should be aimed at the average person, with the purpose of encouraging them to make improvements towards a more healthy lifestyle. Include 'Tips and Tricks' about how to get healthy in fun ways or with small efforts, such as this Swansfit balloon challenge.</p>	<p>Earn one Healthy Habits token each</p>
<p><u>Nutrition</u> - Imagine you are a nutritionist at the Sydney Swans. You have to feed the players a healthy meal for lunch for seven days of the week. Create a meal plan that covers all of the essential nutrients in every meal.</p>	<p>Earn one Healthy Habits token PLUS one Body Knowledge token</p>
<p><u>Applied Movement</u> - Create a detailed training log, indicating your fitness goals, what exercises you will complete on which days and planned rest days. Investigate a protein-rich diet and make meal plan recommendations. Decorate your training log with recovery tips and motivational phrases.</p>	<p>Earn one Healthy Habits token PLUS one Physical Skills token</p>
<p><u>Staying In Control</u> - Create a mindfulness routine to help you stay in control. You might decide to do meditation or yoga daily with your class! Create regular time for mindfulness activities and turn it into a routine.</p>	<p>Earn one Healthy Habits token PLUS one Healthy Mindset token</p>
<p><u>Routines and Habits</u> - Imagine you are the captain of your sports club. Look up some motivational speeches on YouTube and write a rev-up speech for the team or an individual (a friend, family member or yourself). Your message should be encouraging and telling them all the things about them that they should be proud of. Practise delivering this speech by recording yourself and listening back, or asking a friend for feedback.</p>	<p>Earn one Healthy Habits token</p>

Healthy Mindset Tokens

14 TOKENS AVAILABLE!

You must use these in the Healthy Mindset section on your Stadium Scoreboard. You can only earn a maximum of 10 tokens for this section.

CORE ACTIVITIES	TOKENS UP FOR GRABS
<u>Staying In Control</u> – Complete the Emotional Speccy Worksheet .	Earn one Healthy Mindset token
<u>Staying In Control</u> – Complete the Consequences of Our Actions Template .	Earn one Healthy Mindset token
<u>Staying In Control</u> – Create a 30-second mindfulness practice that you could use to help calm you down.	Earn one Healthy Mindset token
<u>Routines and Habits</u> – Draw a 'Man on the Mark' and 'Goalkicking' scene to show the negative and positive self-talk you use.	Earn one Healthy Mindset token
<u>Diversity Strengthens Teams</u> – Participate in a positivity circle. Say something positive about yourself and also about the person to your left.	Earn one Healthy Mindset token each
<u>Diversity Strengthens Teams</u> – Design a well-thought-out Personal Decathlon for your classmate/s, that makes best use of his/her strengths.	Earn one Healthy Mindset token
<u>Diversity Strengthens Teams</u> – Complete your Personal Decathlon, made for you by your peers.	Earn one Healthy Mindset token

BONUS ACTIVITIES	
<p><u>Your Footy Fit Academy</u> - Research the Sir Douglas Nicholls Indigenous Rounds, or Sir Douglas Nicholls himself. Reflect on the way the AFL and Aboriginal and Torres Strait Islander peoples work together towards Reconciliation.</p>	<p>Earn one Healthy Mindset token</p>
<p><u>Staying In Control</u> - Watch this video: How to Apologize. Write a script, apologising for a time when you hurt someone else.</p>	<p>Earn one Healthy Mindset token</p>
<p><u>Staying In Control</u> - Create a mindfulness routine to help you stay in control. You might decide to do meditation or yoga daily with your class! Create regular time for mindfulness activities and turn it into a routine.</p>	<p>Earn one Healthy Mindset token PLUS one Healthy Habits token</p>
<p><u>Diversity Strengthens Teams</u> - Watch Roger Federer and Andy Lee play "Guess Whom". Create a "Guess Who" style boardgame using photos of your classmates (with permission). Stick to personality-based questions rather than appearance-based ones for an extra challenge.</p>	<p>Earn one Healthy Mindset token</p>
<p><u>Diversity Strengthens Teams</u> - Write a persuasive letter to the coach of the Sydney Swans identifying your key strengths, and how you contribute to your class, school and wider community as reasons for why you should be drafted.</p>	<p>Earn one Healthy Mindset token</p>
<p><u>Diversity Strengthens Teams</u> - Learn a dance or song from a different culture. Using a green screen, make a recording as if you were performing at the AFL Grand Final.</p>	<p>Earn one Healthy Mindset token</p>
<p><u>Diversity Strengthens Teams</u> - Learn a sport from a different culture and teach your class.</p>	<p>Earn one Healthy Mindset token</p>

Body Knowledge Tokens

15 TOKENS AVAILABLE!

You must use these in the Body Knowledge section on your Stadium Scoreboard. You can only earn a maximum of 10 tokens for this section.

CORE ACTIVITIES	TOKENS UP FOR GRABS
<p><u>Heart and Lungs</u> - Complete the Circulatory System Puzzle using the Circulatory System Puzzle Instructions on the Circulatory System Answer Sheet.</p>	Earn one Body Knowledge token
<p><u>The Mechanical Body</u> - Work with a partner or small group to design and build a puppet of a moveable arm or leg. All parts of the puppet should be labelled - bones, muscles and any tendons, ligaments or fascia.</p>	Earn one Body Knowledge token each
<p><u>The Mechanical Body</u> - Create a Rapid Movement Capture of a sporting action. Label the images with the muscle pair, bones and joints. Create a video or slideshow with narration explaining the risk of injury and the RICE method of treatment.</p>	Earn one Body Knowledge token
<p>BONUS ACTIVITIES</p>	<p>Warning! <i>You may need to complete at least two of these bonus activities to earn the required points for a Certificate of Completion! Check with your teacher!</i></p>
<p><u>How Do I Get Fit?</u> - (GLOBAL GOAL 3) Create a community education poster or radio ad explaining the importance of exercise with increasing resistance, diet providing nutrients for body growth and repair, and sleep for rest and recovery.</p>	Earn one Body Knowledge token
<p><u>How Do I Get Fit?</u> - Watch https://www.youtube.com/watch?v=FSJLQ-GtJM4&t=15s. Create a video or poster which explains and targets aerobic and anaerobic fitness, complete with exercises for each.</p>	Earn one Body Knowledge token PLUS one Physical Skills token

<p><u>Heart and Lungs</u> – Investigate cholesterol and create a video or poster that answers the following questions:</p> <ul style="list-style-type: none"> • What is cholesterol? • What impact does it have on the heart and circulatory system? 	<p>Earn one Body Knowledge token</p>
<p><u>Heart and Lungs</u> – Draw diagrams or create a video that answers the following questions:</p> <ul style="list-style-type: none"> • What happens when there is a break in the circulatory system, such as a cut on our skin? • How does the system respond to heal this wound? • What if arteries and veins are more seriously affected, such as a toe getting cut off? Can the system still function properly? 	<p>Earn one Body Knowledge token</p>
<p><u>Heart and Lungs</u> – How exactly does oxygen in the lungs get into the bloodstream? Investigate how oxygen gets into the lungs and bloodstream. Draw diagrams or create a video on how these microscopic systems work.</p>	<p>Earn one Body Knowledge token</p>
<p><u>Nutrition</u> – Find a partner. One of you will play the role of a Sydney Swans nutritionist, and the other will be the chef. The players have an afternoon game coming up. Create a meal plan with recipes for dinner the night before and breakfast and lunch on game day. You will need to provide explanations of why you are feeding the players certain things and how these nutrients will improve their performance during the match. Also, don't forget to think about how to make the meals taste good!</p>	<p>Earn one Body Knowledge token each</p>
<p><u>Nutrition</u> – Imagine you are a nutritionist at the Sydney Swans. You have to feed the players a healthy meal for lunch for seven days of the week. Create a meal plan that covers all of the essential nutrients in every meal.</p>	<p>Earn one Body Knowledge token</p>
<p><u>Nutrition</u> – Imagine you are a GP (doctor). You notice one of your patients is overindulging in sugary foods. Film a video consultation informing your patient of the possible dangers of overindulging in some of the nutrients listed in Part B, Step 4 (e.g. obesity, high cholesterol). This video could be useful inspiration: https://youtu.be/t0wZCw37FUy. Play your video for the teacher or class.</p>	<p>Earn one Body Knowledge token</p>

<p><u>Nutrition</u> - Imagine you are a dietician or GP (doctor). One of your clients wants your help trying the latest fad diet, such as high protein or low carbs. Create a pamphlet or informative video of the necessary considerations when undertaking these diets. Is there any risk involved in neglecting some nutrients in favour of others during fad diets? Does your body really need every vitamin or mineral, or can it use something else as a substitute?</p>	
<p><u>Fuelling Your Body</u> - (GLOBAL GOAL 3) Watch this video from the Heart Foundation: Let's keep Australian hearts beating. Research 'The Heart Foundation Tick' and find some healthy foods that you can eat for breakfast and healthy snacks for five days. You must plan to eat something different every day. You might need to visit a supermarket or investigate a printed or online supermarket catalogue to complete this task.</p>	<p>Earn one Body Knowledge token</p>
<p><u>The Mechanical Body</u> - Investigate the role of nerves in making our muscles move, the role of the spinal cord in neural pathways and the importance of correct posture. Create a poster explaining your findings or design a new product to support proper posture and make an advertisement.</p>	<p>Earn one Body Knowledge token</p>
<p><u>The Mechanical Body</u> - Watch this video: ACL Injury Basics from the Expert - Dr. Pat Connor Learn more about the most common of injuries - ACL injuries - and research how ACL injuries can be prevented and treated. Use what you learn to create an informative website or treatment schedule.</p>	<p>Earn one Body Knowledge token</p>

Physical Skills Tokens

10 TOKENS AVAILABLE!

You must use these in the Physical Skills section on your Stadium Scoreboard. You can only earn a maximum of 10 tokens for this section.

CORE ACTIVITIES	TOKENS UP FOR GRABS
<u>How Do I Get Fit?</u> - Complete the Draft Combine Fitness Worksheet baseline.	Earn one Physical Skills token
<u>Nutrition</u> - Win the 'Sugar, Carbs Starving, Crash!' game	Earn one Physical Skills token
<u>Applied Movement</u> - Work with a small group to create and coach a movement sequence.	Earn one Physical Skills token
<u>Applied Movement</u> - Work with a small group to complete the Fitness Routine Planner .	Earn one Physical Skills token
<u>Applied Movement</u> - Create a fun game that players can play between their training sessions to keep their skills sharp and the muscles they need for game day still ticking over. Draw diagrams and write a procedural text detailing the rules of the game.	Earn one Physical Skills token

BONUS ACTIVITIES	
<p><u>How Do I Get Fit?</u> - Watch https://www.youtube.com/watch?v=FSJLQ-GtJM4&t=15s. Create a video or poster which explains and targets aerobic and anaerobic fitness, complete with exercises for each.</p>	<p>Earn one Physical Skills token PLUS one Body Knowledge token</p>
<p><u>Applied Movement</u> - Lead a brain break for your class. It should include some physical movement.</p>	<p>Earn one Physical Skills token</p>
<p><u>Applied Movement</u> - Create a detailed training log, indicating your fitness goals, what exercises you will complete on which days and planned rest days. Investigate a protein-rich diet and make meal plan recommendations. Decorate your training log with recovery tips and motivational phrases.</p>	<p>Earn one Physical Skills token PLUS one Healthy Habits token</p>
<p><u>The Mechanical Body</u> - Investigate tendinitis and the dangers of overtraining/stretching, then create a video or poster explaining your findings. Use this video for inspiration: The Basic Science of Tendons & Tendinitis</p>	<p>Earn one Physical Skills token</p>
<p><u>Diversity Strengthens Teams</u> - Complete the Draft Combine Fitness Worksheet retest at least two weeks after completing the baseline.</p>	<p>Earn one Physical Skills token</p>

Volkswagen Sponsorship tokens

EXCLUSIVE! Earn these for winning a game!

3 TOKENS AVAILABLE!

You can use these tokens in ANY section on your Stadium Scoreboard. Each individual can only earn a maximum of 3 Sponsorship tokens.

CORE ACTIVITIES	TOKENS UP FOR GRABS
<u>Your Footy Fit Academy</u> - Win Dice Footy	Earn one Sponsorship token
<u>Heart and Lungs</u> - Can you hold your breath the longest or hum the longest note? Prove it and win!	Earn one Sponsorship token
<u>The Mechanical Body</u> - Win a round of Cyggy Says	Earn one Sponsorship token for Round 1 Earn one Sponsorship token for Round 2 (limit of one per person)