

Learning comes alive!



Get Active Day

Celebrate the Beijing 2008 Olympic and Paralympic Games with a Paralympian!

Get Active Day offers an action-packed program that enhances students' physical activity, increases sports skills and participation. This year students may also experience a special appearance by a Paralympic athlete! This is a great chance for students to find out what motivates elite athletes and the training involved to win gold.

Get Active Day is especially designed for K-6 students to take part in basic fundamental movement skills in the morning followed by fun games, races and competitions in the afternoon. The program supports PDHPE outcomes and has been developed in partnership with the Australian College of Physical Education. The program is delivered by leading sports instructors and all equipment is supplied. Get Active Day is available in the last two weeks of Terms 1, 2 and 3 and the last three weeks of Term 4.

Program Outline

- Warm up with stage appropriate fundamental movement skills
- BYO Morning Tea (shaded grass areas are available)
- Integrated fun games based on fundamental movement skills
- Meet a Paralympian and ask questions*
- BYO Lunch (shaded grass areas are available)
- Paralympian photo and autograph opportunity*
- Fun games, relays races and team events

* Paralympian appearances at Get Active Day may vary and are dependant upon athletes' 2008 Olympic Games events and training schedules.

Location The Overflow, Olympic Boulevard, Sydney Olympic Park (meet near the Cauldron)

Duration 10am-2pm

Cost \$13.20 per student inc GST

Numbers Minimum of 50 students

Booking Complete the booking form and return fax to 02 9714 7135

For an action packed experience combine your program with a sleepover at Sydney Olympic Park Lodge.

For more information

call 02 9714 7888, email bookingsvc@sydneyolympicpark.com.au or visit www.sydneyolympicpark.com.au/education