



YEAR 1

P D H P E



SUGGESTED ACTIVITIES & RESOURCES



HEALTHY HABITS ACTIVITIES

- Create a healthy lunchbox
- Healthy vs unhealthy food sort
- Daily hygiene checklist
- Tooth brushing routine practice
- Sleep routine discussion
- Water intake tracker
- Exercise and movement breaks
- Healthy body poster



EMOTIONS & WELLBEING ACTIVITIES

- Emotion matching games
- Feelings journal
- Calm breathing exercises
- Mindfulness colouring
- Role-play emotions
- Identify calming strategies
- Talk about worries and feelings
- Create a "calm corner"



SAFETY ACTIVITIES

- Safe or unsafe choices sort
- Road safety discussion
- Playground rules poster
- Emergency contact practice
- Stranger safety discussions
- Home safety scavenger hunt
- Water safety conversations
- Protective behaviours role-play



RELATIONSHIPS & SOCIAL SKILLS ACTIVITIES

- Kindness challenge
- Team games
- Sharing and turn-taking activities
- Friendship role-play
- Respect discussion
- Acts of kindness chart
- Family responsibility tasks
- Cooperative building activities



PHYSICAL ACTIVITY & MOVEMENT

- Obstacle courses
- Ball games
- Dance and movement videos
- Yoga for kids
- Jumping and hopping games
- Balance activities
- Stretching routines
- Outdoor movement play



MOVEMENT SKILL IDEAS

- Throwing and catching practice
- Kicking games
- Skipping
- Running races
- Bean bag toss
- Scooter or bike riding
- Playground climbing
- Simple sports games



FREE WEBSITES & APPS

Health & Wellbeing

- ★ GoNoodle www.gonoodle.com
- ★ Cosmic Kids Yoga www.cosmickids.com
- ★ Smiling Mind www.smilingmind.com.au
- ★ ABC Education Health Resources education.abc.net.au

Physical Activity

- ★ The Body Coach Kids www.youtube.com/@TheBodyCoachTV
- ★ Danny Go! www.youtube.com/@DannyGo
- ★ PE Bowman www.youtube.com/@PEBowman



RECOMMENDED RESOURCES

 Balls and beanbags	 Cones or markers	 Skipping ropes
 Emotion cards	 Visual schedules	 Water bottles
 Yoga mats	 Chalk	 Toothbrush and hygiene visuals
 Calm corner tools	 Stopwatch or timer	 Outdoor play equipment



TIPS FOR SUCCESS

- ✓ Make activities fun and engaging.
- ✓ Encourage participation and praise effort.
- ✓ Use routines and visual supports.
- ✓ Create a safe and inclusive environment.
- ✓ Connect learning to real life experiences.
- ✓ Encourage reflection and discussion.
- ✓ Include family where possible!

