

AUSTRALIA'S HEALTHIEST SCHOOL COMPETITION



HEALTHY KICKS

STUDENT NAME:

SCHOOL:

CLASS:

INSTRUCTIONS



STEP 1:

Gather your class and take on the Coles Healthy Kicks Fun Run. Set off on an adventure around your school, stopping at fun "healthy stations" to complete exciting challenges. Tick each one off as you go, your mission: complete them all!

STEP 2:

Strike a pose! While you're jumping, stretching or playing, your teacher will snap an action shot of your team once you complete your health-powered journey.

STEP 3:

Your teacher will head to play.afl/healthiestschoolscompetition to submit your class's entry.



AWESOME PRIZES YOU CAN WIN FOR YOU AND YOUR SCHOOL!



1ST PRIZE

A special visit from a MasterChef contestant or Coles Ambassador to cook a healthy meal and join in a full school fun run!

\$2,000 Coles voucher
\$500 AFL Schools Shop voucher



2ND PRIZE

\$1,000 Coles voucher
\$500 AFL Schools Shop voucher

3RD PRIZE

\$500 Coles voucher
\$250 AFL Schools Shop voucher



AFL COLES HEALTHY KICKS FUN RUN

STUDENT NAME: _____



FOOTY SKILLS

MINDFULNESS

FITNESS

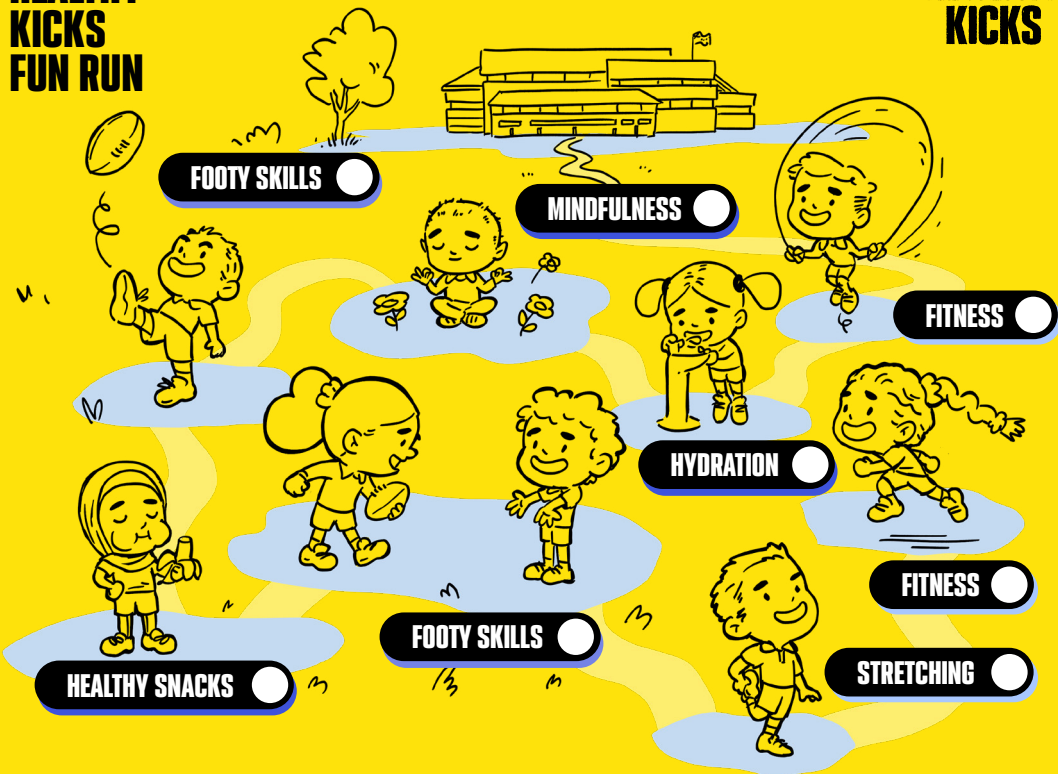
HYDRATION

FITNESS

STRETCHING

HEALTHY SNACKS

FOOTY SKILLS



FUN RUN STATION	CHK PILLAR	ACTION TO BE COMPLETED	SUGGESTED LOCATION WITHIN SCHOOL
FOOTY SKILLS	FUN!	Handball a footy to yourself or a partner	Oval / Practical playing area
FITNESS	ACTIVE	Run 2 laps of school oval	Oval / Practical playing area
MINDFULNESS	HEALTHY	Complete a mindfulness activity e.g. breathing in and out deeply 5 times.	Library/Garden
STRETCHING STATION	ACTIVE	Stretch muscles in your body	Oval or playing area
HYDRATION BREAK	HEALTHY	Drink some water!	Drink taps
FITNESS	ACTIVE	Do some skipping, jumping, hopping.	Basketball court
HEALTHY SNACKS	HEALTHY	Eat 2 healthy snacks	Playground
FOOTY SKILLS	FUN!	5 kicks to yourself	Oval / Practical playing area