



Healthy Hoops In Schools

In-School Information Sessions

Basketball Victoria would like to invite children from your school to participate in an exciting new program called Healthy Hoops!

This is the third year the Healthy Hoops in Schools program has taken place. By working with primary schools, we hope to:

- Increase children's knowledge of how health and the sport of basketball are interrelated;
- Provide opportunities for children to learn new skills through participation in information sessions;
- Provide teachers with a new avenue through which they can deliver messages about health to their students.

Basketball Victoria suggests combining one of our participation programs such as Hoop Time or Skill, Fun & Play with a Healthy Hoops session so that your students have an enjoyable basketball experience which provides them with skills they can use both on and off the court.

Nutrition Sessions

Healthy Hoops Nutrition sessions outline basic nutrition information. Sessions cover nutrition basics such as the food groups, healthy eating pie, how much of each group to eat and what to drink. In addition to this, students find out the best foods to eat in the lead up to exercise, on the day and for a good recovery. Nutrition sessions are run in the class room, tailored to the age of the participants and run for approximately 1 hour.

Injury Management Sessions

Healthy Hoops Injury Management sessions focus on providing students with an understanding of how to warm up and cool down properly for physical activity. It also briefly covers RICER (Rest, Ice, Compression, and Elevation) – a basic injury management technique used to treat injuries such as sprained joints or strained muscles. Aspects of the Injury Management sessions are run outside (weather permitting) and involve light jogging and stretching. Each session is again tailored to the age of the participants and run for approximately 1 hour.

Healthy Lifestyle Sessions

Healthy Lifestyle Sessions are a combination of the Nutrition and Injury Management sessions, and also include information on sleep and balancing school, sport, friends and family. As with both previous sessions, the Healthy Lifestyle sessions can be tailored to the age of the participants and goes for approximately 1 ½ hours. Some activities will include light jogging and stretching – these will preferably be held outside (weather permitting) or in a sports hall.

Further Information

All sessions will be presented in an interactive format and children will be provided with handouts and giveaways during the sessions. **The cost for Healthy Eating, Injury Management and Healthy Lifestyle sessions is \$2.20 per child** (inc. GST), and covers resources, give-aways and presenters. Other sessions (i.e. Asthma Management, Sports First Aid, etc) may incur higher costs. Student numbers can not exceed 50 per session.

If you are interested in finding out more information, please contact Fiona on 03 9927 6600 or email fiona.kuilboer@basketballvictoria.com.au

If your school would like to take part, complete the attached registration form and return it to Fiona Kuilboer on the details provided.

Regards

Fiona Kuilboer

Fiona Kuilboer
Health Promotion Officer



Healthy Hoops In Schools

Registration Form

School:

Contact:

Address:

Phone:

Fax:

Email:

INFORMATION SESSION

No. of Participants:

Year Level: _____

No. of Students: _____
(50 students per session maximum)

Preferred Day of the Week: (please circle)

Day: Mon Tues Wed Thur Fri

Term: 1 2 3 4

Time: _____ (please indicate what time your school would prefer their session. Requested time may change between application and confirmation of session.)

Topic: (please circle)

Nutrition

Injury Management

Healthy Lifestyle

Please note the cost for each session listed above is \$2.20 per child.

ONE REGISTRATION FORM IS REQUIRED FOR EACH SESSION

Please ensure all details are completed and return this form to Fiona Kuilboer:

Mail:

Basketball Victoria
Box 3, MSAC
Aughtie Drive
Albert Park VIC 3206

Fax:

03 9927 6677