



GET INTO RUGBY SCHOOLS

Health Choosing Physical Activity

GET INTO
RUGBY
SCHOOLS

What could this photo be about?



- Who?
- What?
- Where?
- Why?
- How?



What could this photo be about?

Who?

Indigenous Rugby 7s and Wallaroo's star Mahalia Murphy in Fiji teaching some young Fijian girls during a Get into Rugby session.

What?

Part of the [Pacific Sports Partnership](#) program run by Australian Rugby to get more Fijian's physically active.

Where?

Suva, Fiji.

Why?

The program targets Pacific Islanders aged between 6-18 and aims to get them involved in physical activity and aims to reduce non-communicable diseases through the benefit of sport.

How?

The campaign is using sport to educate the community about healthy lifestyle decisions.

What are the benefits of playing Rugby?



Social benefits?



Health benefits?



Emotional /
Intellectual benefits?



What are the benefits?

Moving more and sitting less...



SOCIAL BENEFITS

- Creates opportunities for fun with friends.
- Reduces anti-social behaviour, including aggressive and disruptive actions.
- Develops skills such as cooperation and teamwork.



EMOTIONAL AND INTELLECTUAL BENEFITS

- Improves self-esteem and confidence.
- Improves concentration and management of anxiety and stress.



HEALTH BENEFITS

- Reduces the risk of developing type 2 diabetes and cardiovascular disease.
- Improves physical fitness, including coordination and movement skills.
- Reduces the risk of unhealthy weight gain.
- Builds strong muscles and bones.
- Promotes healthy growth and development.

Source: Australia's Physical Activity & Sedentary Behaviour Guidelines for Children (5-12 years)

<http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines#apa512>

Which is more like you?



Being active playing a game like Rugby? OR Sitting down, watching TV?

Are you as active as you think?

Count up the hours you spend sitting down watching TV, using a computer and playing electronic games or doing school work.



Sit less, move more

It's very easy for children to sit too much, especially when most of their leisure time is taken up with watching TV, using a computer and playing electronic games. Here's how that time can add up:



Sitting less helps to reduce the risk of children and young people developing health and other problems in later life. Try to limit the amount of time children spend doing sedentary activities and encourage them to move more.



Would you meet these guidelines?

Australia's Physical Activity and Sedentary Behaviour Guidelines for Children (5-12 Years)

PHYSICAL ACTIVITY

- For health benefits, children aged 5-12 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day.
- Children's physical activity should include a variety of aerobic activities, including some vigorous intensity activity.
- On at least three days per week, children should engage in activities that strengthen muscle and bone.
- To achieve additional health benefits, children should engage in more activity – up to several hours per day.

SEDENTARY BEHAVIOUR

- To reduce health risks, children aged 5-12 years should minimise the time they spend being sedentary every day. To achieve this:
 - Limit use of electronic media for entertainment (e.g. television, seated electronic games and computer use) to no more than two hours a day – lower levels are associated with reduced health risks.
 - Break up long periods of sitting as often as possible.

Source: <http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines#apa512>

Physical activity definitions

Sedentary behaviour

‘Sedentary behaviour’ is a term used to describe time spent doing physically inactive tasks that do not require a lot of energy. Common sedentary activities include watching TV or DVDs and playing computer or video games. Children who spend long periods of time inactive, even during allocated play times, are more likely to have poorer physical, social and intellectual development.

Physical activity


Physical activity is any activity that gets your body moving, makes your breathing become quicker, and your heart beat faster. Physical activity can be in many different forms and at different levels of intensity.

What’s the difference between ‘moderate intensity’ and ‘vigorous intensity’ physical activity?

Moderate intensity physical activity requires some effort, but still allows you to speak easily while undertaking the activity. Examples include active play, brisk walking, recreational swimming, dancing, social tennis, or riding a bike or scooter.

Vigorous intensity physical activity requires more effort and makes you breathe harder and faster (“huff and puff”). Examples include running, fast cycling, many organised sports or tasks that involve lifting, carrying or digging.

How much and what type of physical activity do you do?

eat well, get active



www.healthykids.nsw.gov.au

Activity Diary

Print this page each week and record your physical activity type and duration in the table below. Aim for at least 60 minutes each day.

Date: _____

	Before school / morning	During school / daytime	After school / afternoon	Evening	Total (time)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



An initiative of NSW Department of Health; NSW Department of Education and Training; Sport and Recreation, a division of Communities NSW and the Heart Foundation.

Healthy Kids Activity Diary - An initiative of NSW Department of Health; NSW Department of Education and Training; Sport and Recreation, a division of Communities NSW and the Heart Foundation. Source: <http://www.healthykids.nsw.gov.au/kids-teens/kids-activities/activity-diary.aspx>

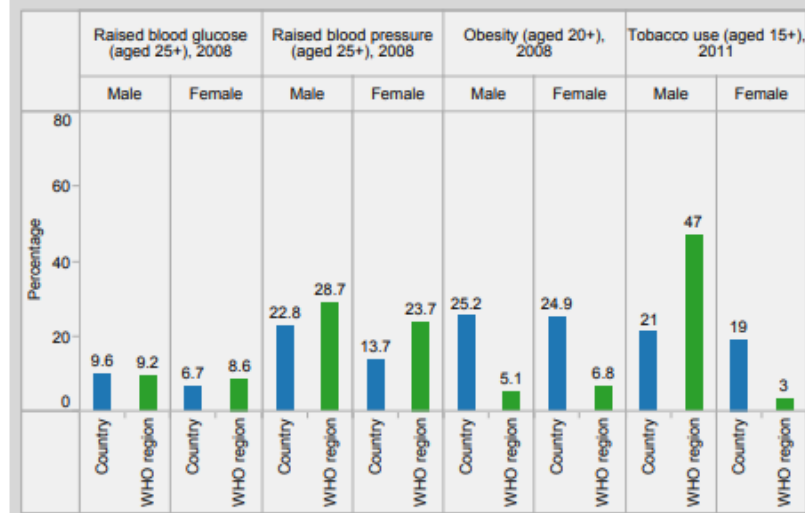
Australian 2012 statistics:

- 38% of Australian males physically inactive
- 42.5% of Australian females physically inactive.

90% of all deaths caused by 'lifestyle diseases' (non-communicable diseases)

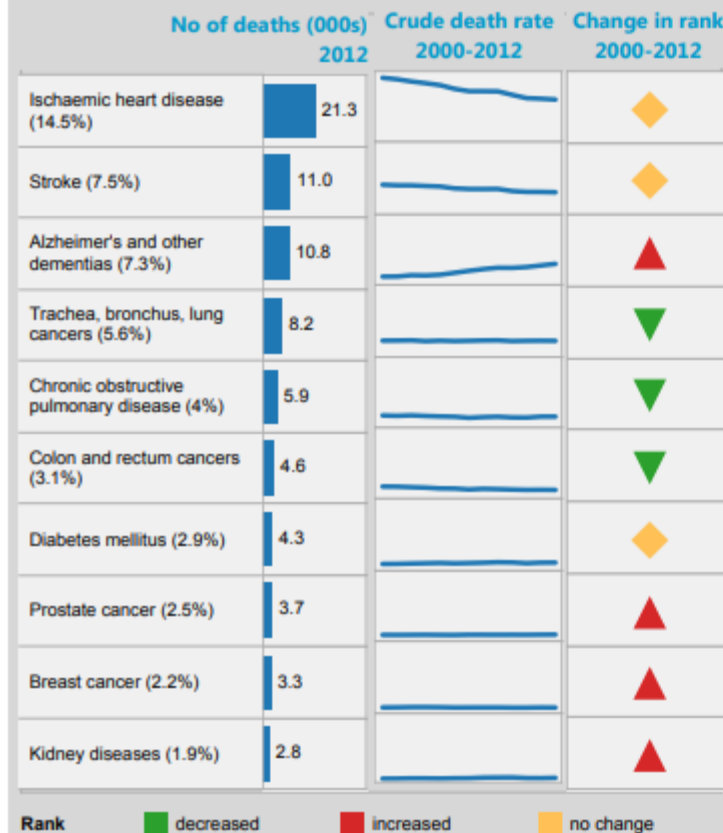
Is physical inactivity is a killer?

Adult risk factors



Top 10 causes of death

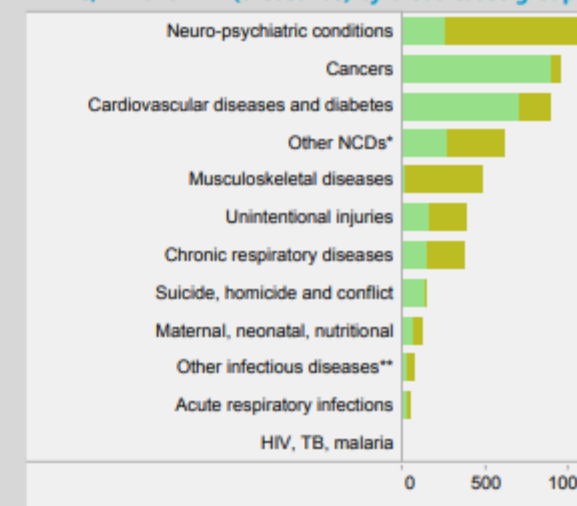
Ischaemic heart disease was the leading cause of death, killing 21.3 thousand people in 2012



Burden of disease, 2012

Disability-adjusted life years (DALYs) are the sum of years of life lost due to premature mortality (YLL) and years of healthy life lost due to disability (YLD).

DALYs, YLL and YLD (thousands) by broad cause group



*Other noncommunicable diseases (NCDs) including non-malignant neoplasms; endocrine, blood and immune disorders; sense organ, digestive, genitourinary, and skin diseases; oral conditions; and congenital anomalies.

** Infectious diseases other than acute respiratory diseases, HIV, TB and malaria.

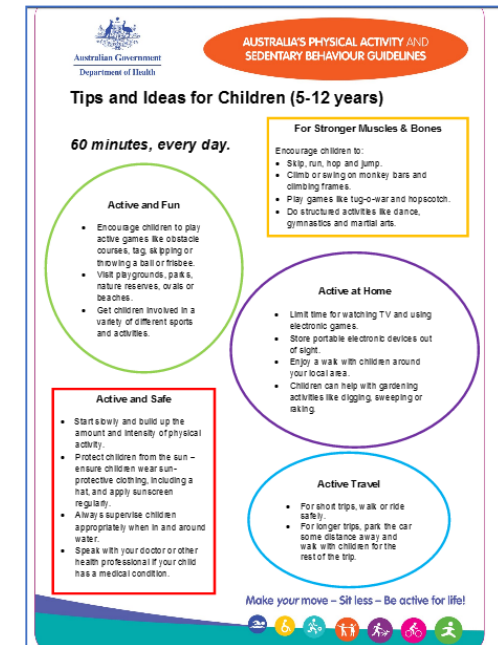
YLL YLD

Source: <http://www.who.int/gho/countries/aus.pdf?ua=1>

Strategies for sitting less and getting active

How do you think we could make everyone more active?

Click on each of the images below for ideas.

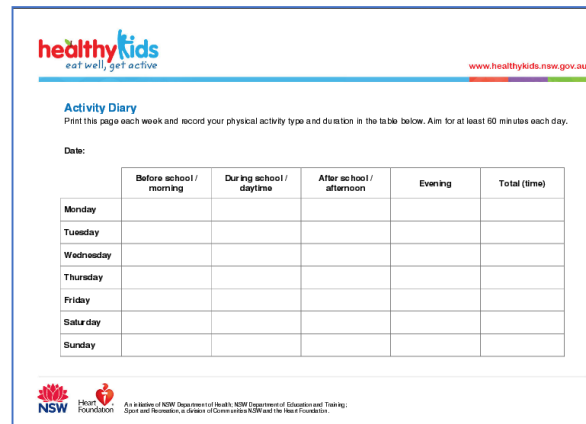


What are some physical activity programs and campaigns in your region?

Assessment ideas: Lower Primary

Challenge students to keep a physical activity diary for one week and to meet the Australian guidelines for 5-12 year olds.

Further challenge the students to illustrate their personal and class findings to display at school and/or at the upcoming rugby carnival.



The image shows a 'healthykids' Activity Diary form. At the top left is the 'healthykids' logo with the tagline 'eat well, get active'. At the top right is the website 'www.healthykids.nsw.gov.au'. Below the logo is the title 'Activity Diary' and a note: 'Print this page each week and record your physical activity type and duration in the table below. Aim for at least 60 minutes each day.' There is a 'Date:' field. The main part of the form is a table with 5 columns: 'Before school / morning', 'During school / daytime', 'After school / afternoon', 'Evening', and 'Total (time)'. The rows represent the days of the week: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday. At the bottom left are the NSW Government and NSW Foundation logos. At the bottom right is a small text block: 'As a Member of NSW Department of Health, NSW Department of Education and Training, Sport and Recreation is a division of Communities NSW and the NSW Foundation.'

	Before school / morning	During school / daytime	After school / afternoon	Evening	Total (time)
Monday					
Tuesday					
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Saturday					
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Assessment ideas: Middle Primary

Challenge students to develop a physical activity initiative during the school day to help students reach their 60 minutes of physical activity each day.

Students could add a Rugby theme to their physical activity initiative.



Assessment ideas: Upper Primary

Challenge students (individually, in small groups or as a class) to develop a physical activity campaign for the school or local community.

Their campaign can be any format but must appeal to the school community.

The campaign could be launched at the upcoming Rugby carnival.

