



Duration: 6 weeks (4 x 2 lessons)

Starting Date: Week 3 Term 2

This unit is to be conducted like a SEPEP unit. Each student is allocated tasks to complete in preparation for the Activity and Nutrition Expo. Students work in pairs and document all research in a folder.

The Activity and Nutrition Expo

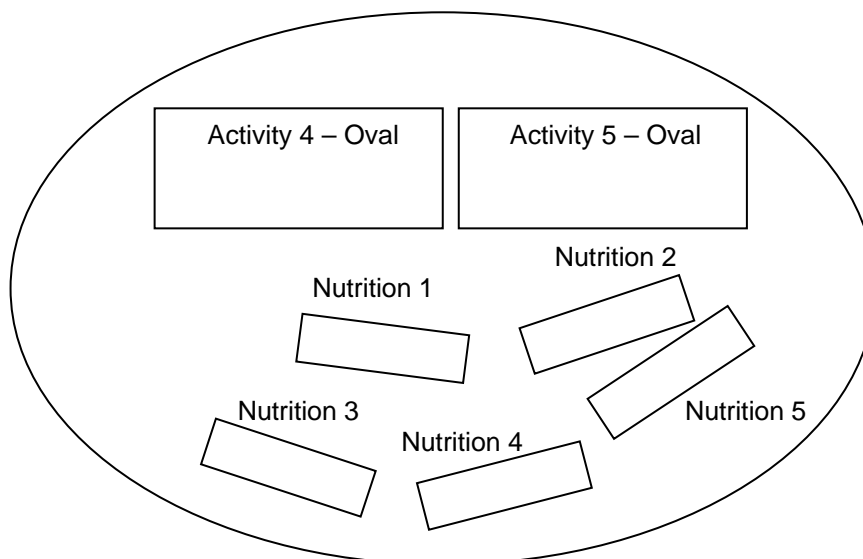
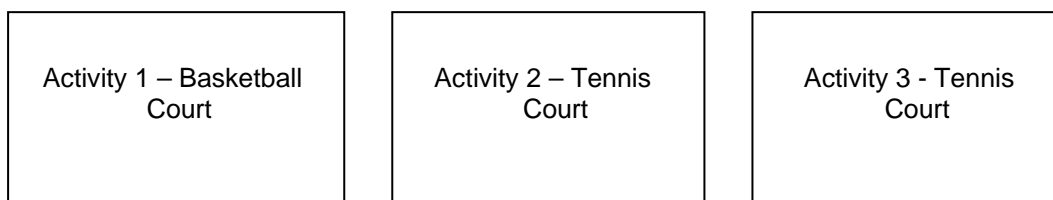
Date: Wednesday Week 7, Term 2

Duration: Lessons 6 and 7

Clientele: All Year 8 students – Approx. 250

Outline

10 activities will be offered on oval 1 and basketball/tennis courts (5 activity and 5 nutrition)



Nutrition Expos in School marquees and canteen verandah.

Year 8 students are issued an [Expo card](#) requiring a stamp each time they visit a nutrition stand or participate in an activity.

Year 8 subject teachers supervise the event, take class role before and after event and check student cards.

Unit Outline

The unit is divided into the following categories

- Planning including contingency plan
- Preparation
- Evaluation



Week 1

Introduction to conducting an event.

- Planning including contingency plan
- Equipment
- Roles and responsibilities
- Risk management
- Evaluation

Activity 1: Brainstorm

What students are interested in.

What local physical activity and nutrition organisations are in our area.

Activity and nutrition possibilities for the expo. ([See attached guide](#))

Activity 2: Divide the class into groups depending on their interests. Ideally we want 5 activity and 5 nutrition groups. Groups discuss what they may want to do and write responses under the above headings

Activity 3: Design a promotional poster for the expo.

Week 2 – 4

Planning and preparation for selected event. Use the [Group Action Plan](#) attached.

Activity

Students involved in a physical activity part of the expo are required to:

- Select an appropriate activity which can accommodate 25 students.
- The activity needs to last about 5 -10 minutes
- Decide on the type and amount of equipment required.
- Design the area required eg Oval/Tennis Court indicating dimensions etc
- List the roles and responsibilities of each group member. Eg stamper/ whistle blower/ equipment/ entry personnel
- List risk management concerns with solutions.
- Develop and rules and regulations for the activity

Nutrition

Students involved in a nutrition part of the expo are required to:

- Select an appropriate nutrition idea which can accommodate 25 students. eg seated or standing for a demonstration
 - The idea needs to last about 5 – 10 minutes
 - Decide on the type and amount of equipment required.
 - Design the area required eg posters/flyers/tables/chairs/audio/tv
 - List the roles and responsibilities of each group member. Eg stamper/ whistle blower/ equipment/ entry personnel
 - List risk management concerns with solutions.

Students are to present all research in a group folder. Each group is to report back to the whole class using a PowerPoint presentation.

The group folder should include the following headings:

1. Expo name and logo – decided by the whole class
2. Activity or idea
3. Planning the event - Roles and responsibilities, Equipment, Timing
4. Risk management
5. Final Preparations for the day – Checklist of who does what.
6. Evaluation

Week 5

The Expo – Final preparation and checks

Week 6

Evaluation – [Self Evaluation form](#) [Staff Feedback Form](#)

Assessment

Group folder contribution	50%
Participation	30%
PowerPoint presentation	20%