

LOL
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coles
**HEALTHY
KICKS**



TIME
FOR FUN

MAX
NRG

**HOLIDAY
PROGRAM**

CURRICULUM



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The Coles Healthy Kicks Holiday Program aims to educate, activate, and motivate students to become more physically active, eat nutritious foods and develop a healthy mind whilst having fun with others.

The Program has been created as an incursion model, meaning the program comes to your vacation care centre or school.

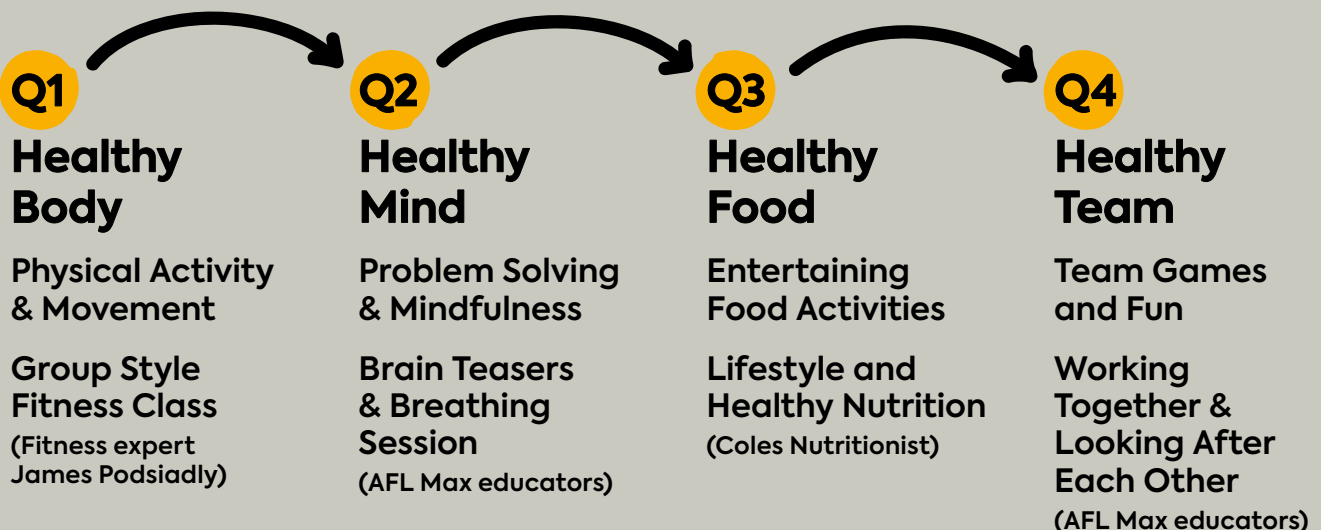
The Program has been created to support the growing need to encourage and keep kids active, but also teach them how to develop healthy lifelong habits, even during school holidays.

Through fun fitness, healthy foods and engaging sessions, the Coles Healthy Kicks Holiday Program is sure to be a winner with your holiday participants.

Incursion Format

Incursions are divided into four quarters, just like a footy game. Students will learn, experience, and enjoy a variety of meaningful health education topics.

Each quarter has a range of activities to choose from, enabling you to customise the experience for your students.



Learn more about what's included here

Australian Curriculum Framework

The Coles Healthy Kicks Holiday Program curriculum has been designed around both the Health and Physical Education Learning Areas within the Australian Curriculum framework, and the Positive Education framework.

Activities and lessons have been created to be flexible and fun, tailored to work at each vacation care site. Sessions can be modified to suit the individual learning needs of students through theoretical and practical learning for students 6-12 years old. Participants and educators are further supported with digital resources for continued health education beyond each session.

My Time, Our Place Framework

The Program has also been designed to capture the integrated and complex wellbeing, development and learning of all children, as outlined in My Time, Our Place – Framework For School Age Care in Australia.

The Framework Outcomes are:

- + Children have a strong sense of identity
- + Children are connected with and contribute to their world
- + Children have a strong sense of wellbeing
- + Children are confident and involved learners
- + Children are effective communicators

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Curriculum links

Learning Areas	Content Descriptions	Content Headings	Q1 Healthy Body	Q2 Healthy Mind	Q3 Healthy Food	Q4 Healthy Team
Health and Physical Education Learning Areas, in line with the Australian Curriculum	*Personal, Social and Community Health	Being Healthy, Safe and Active	★	★	★	★
		Communicating and Interacting for health and wellbeing	★	★	★	★
	*Movement and Physical Activity	Moving our Body	★	★	★	★
		Understanding Movement	★		★	★
		Learning Through Movement	★			
		Positive Education Framework		★		★

*Please see each lesson plan for details regarding specific curriculum taught.



Program Design

In addition to the strong curriculum links, the Program also utilises the experience and resources of Coles, the Australian Football League (AFL) and AFL Max to create meaningful and authentic learning for participants.

Program Delivery

Each Coles Healthy Kicks lesson has been designed to be delivered in three simple steps.

Step 1: Educate

Coles Healthy Kicks facilitators teach students the necessary content to become happier and healthier individuals.

Step 2: Activate

Students learn by doing - they will participate in a range of meaningful and fun activities for holistic learning.

Step 3: Motivate

To ensure students continue improving their health and lifestyles beyond the program, OSHC and vacation care services are provided with additional resources to inspire and support further student health and wellbeing development.

Bookings

Coles Healthy Kicks Holiday Programs kick off in the 2021 July School Holidays, Australia-wide.

Morning and afternoon sessions will be available, Monday-Friday, during the school holidays.

Pricing

Sessions start from \$16pp*

*Travel costs will apply and be calculated per booking, based on site location. Minimum student numbers will also apply.

To learn more or to book a session through AFL Max, [click here](#).

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