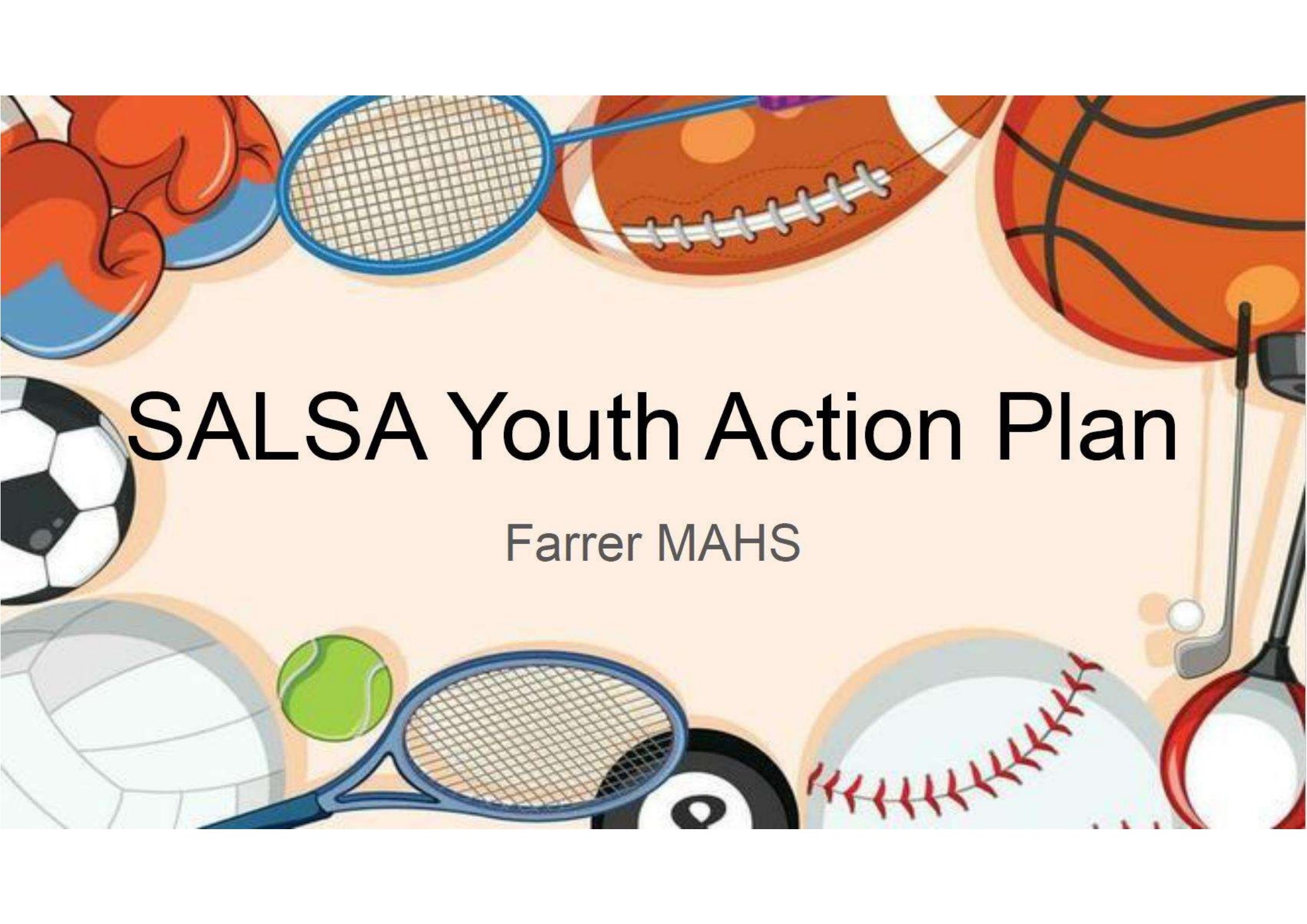
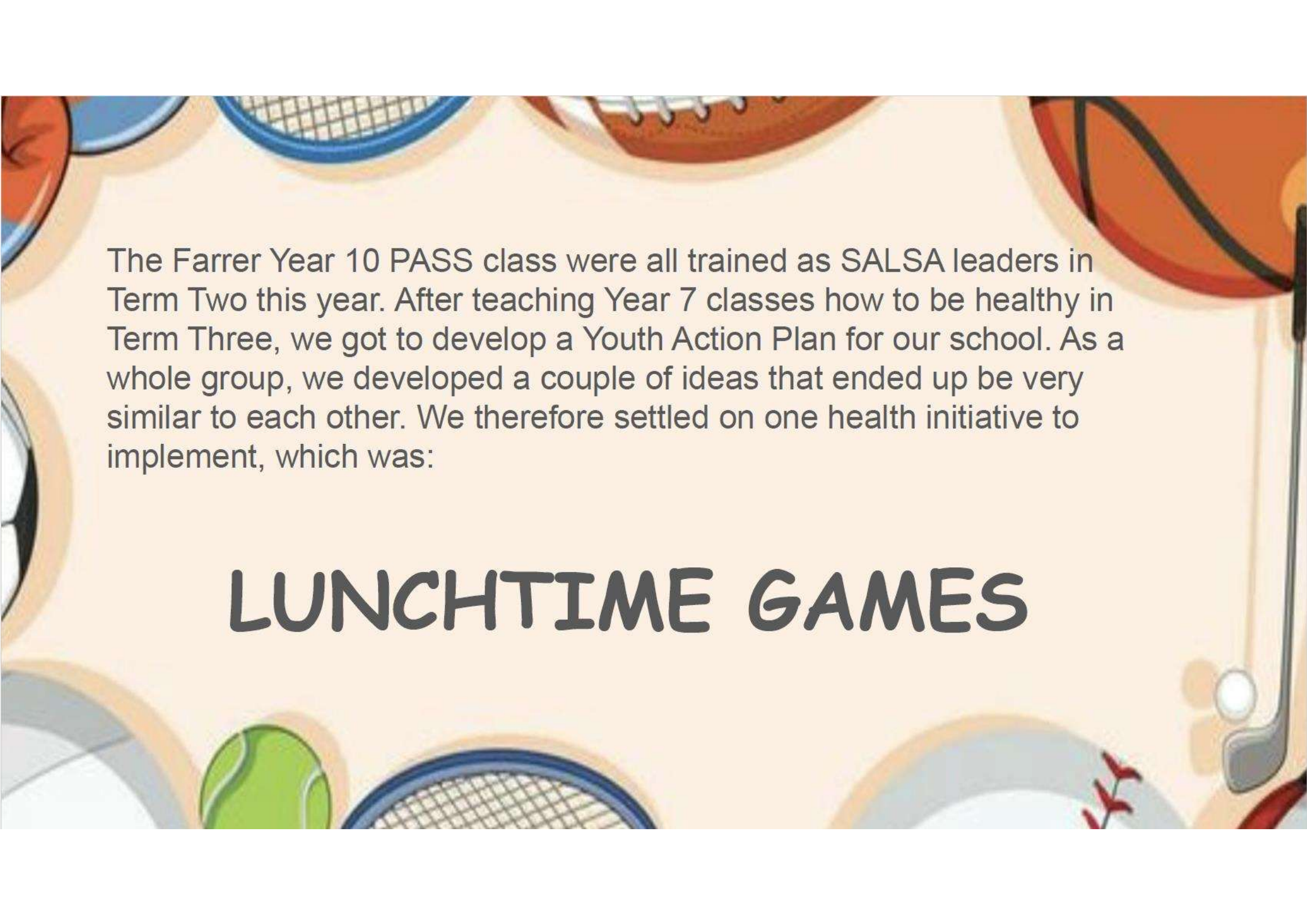




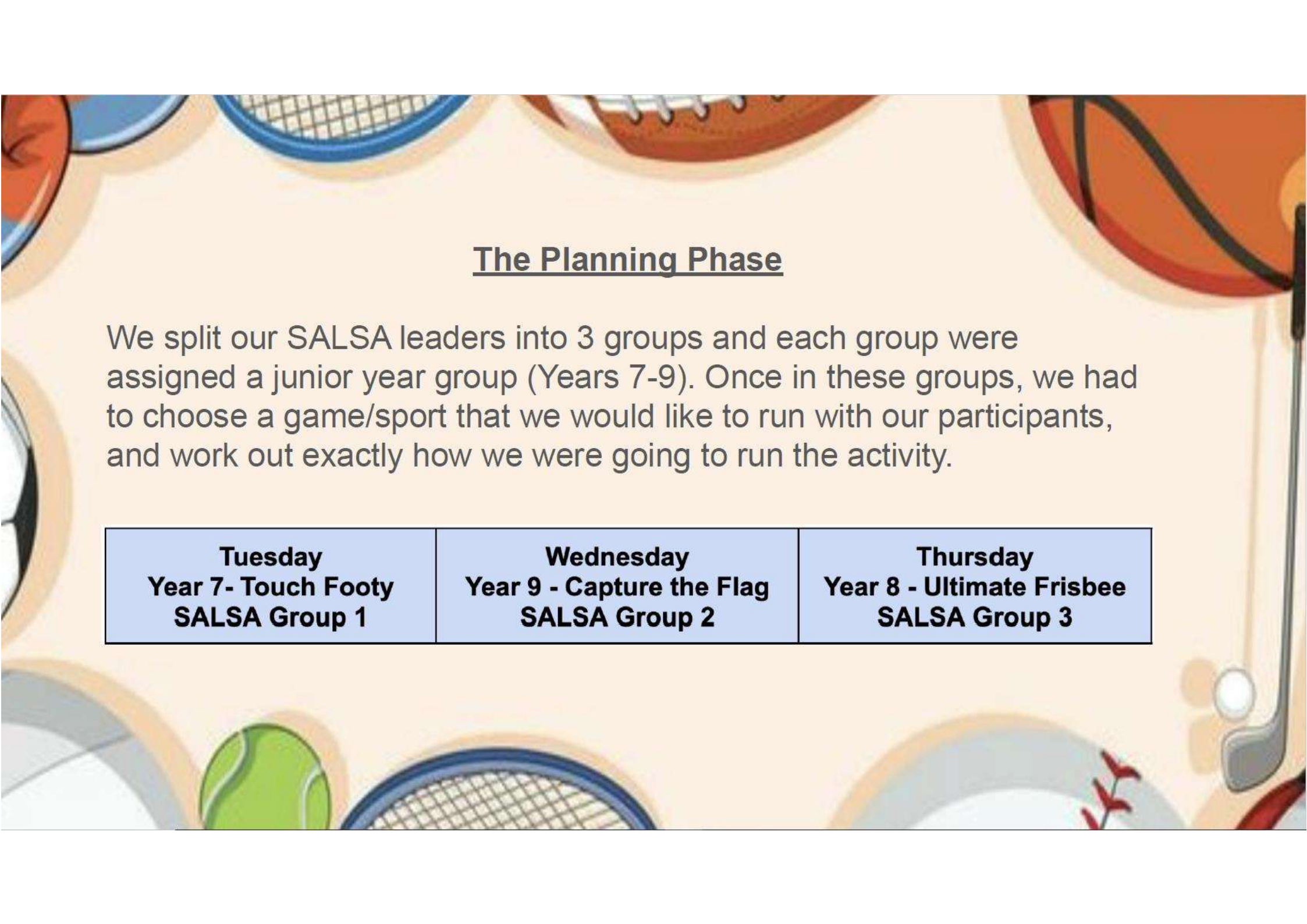
SALSA Youth Action Plan

Farrer MAHS



The Farrer Year 10 PASS class were all trained as SALSA leaders in Term Two this year. After teaching Year 7 classes how to be healthy in Term Three, we got to develop a Youth Action Plan for our school. As a whole group, we developed a couple of ideas that ended up be very similar to each other. We therefore settled on one health initiative to implement, which was:

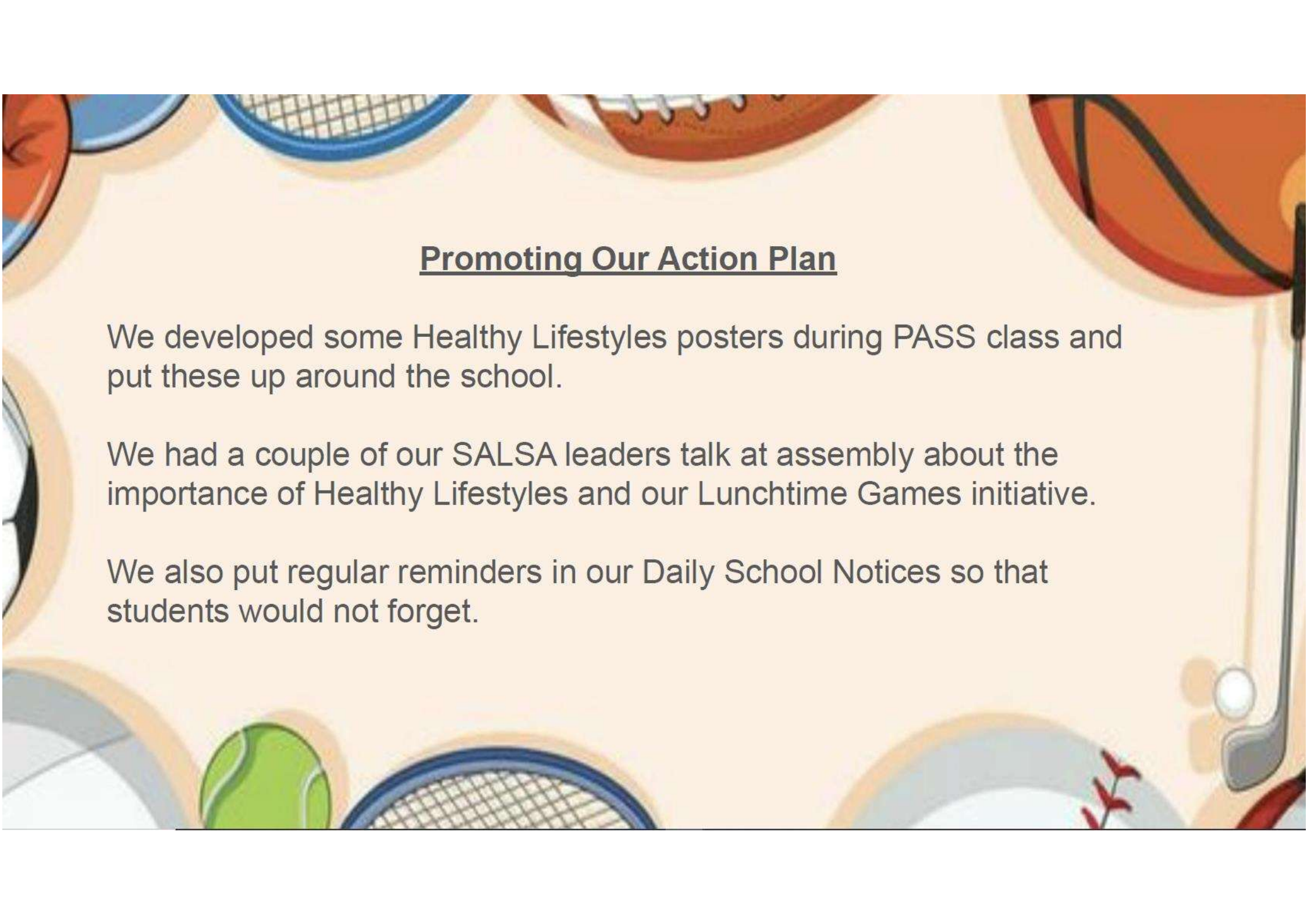
LUNCHTIME GAMES



The Planning Phase

We split our SALSA leaders into 3 groups and each group were assigned a junior year group (Years 7-9). Once in these groups, we had to choose a game/sport that we would like to run with our participants, and work out exactly how we were going to run the activity.

Tuesday Year 7- Touch Footy SALSA Group 1	Wednesday Year 9 - Capture the Flag SALSA Group 2	Thursday Year 8 - Ultimate Frisbee SALSA Group 3
--	--	---

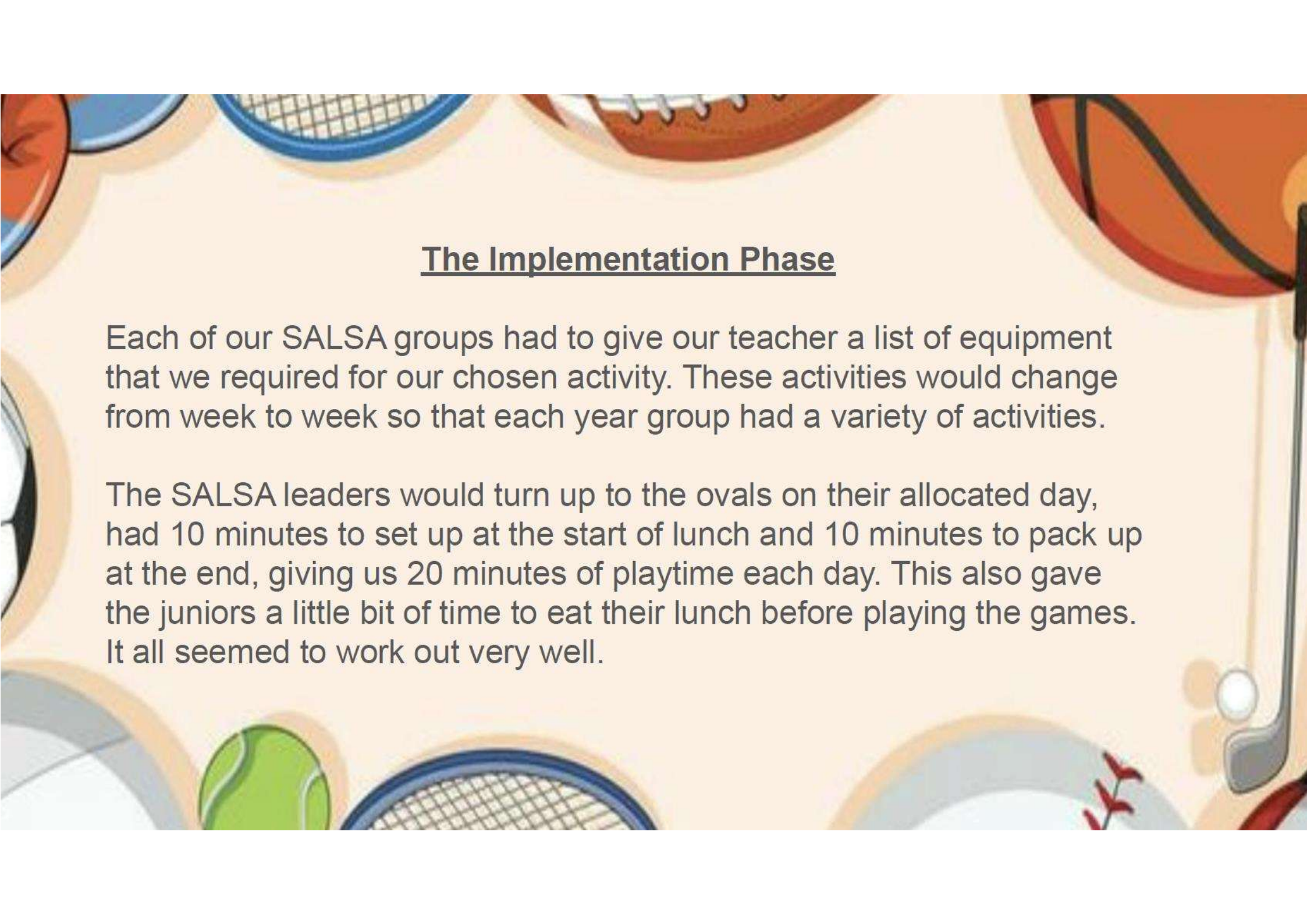
A decorative border surrounds the central text area, featuring various sports equipment: a blue tennis racket, a brown football, an orange basketball, a golf club, a green tennis ball, and a baseball bat.

Promoting Our Action Plan

We developed some Healthy Lifestyles posters during PASS class and put these up around the school.

We had a couple of our SALSA leaders talk at assembly about the importance of Healthy Lifestyles and our Lunchtime Games initiative.

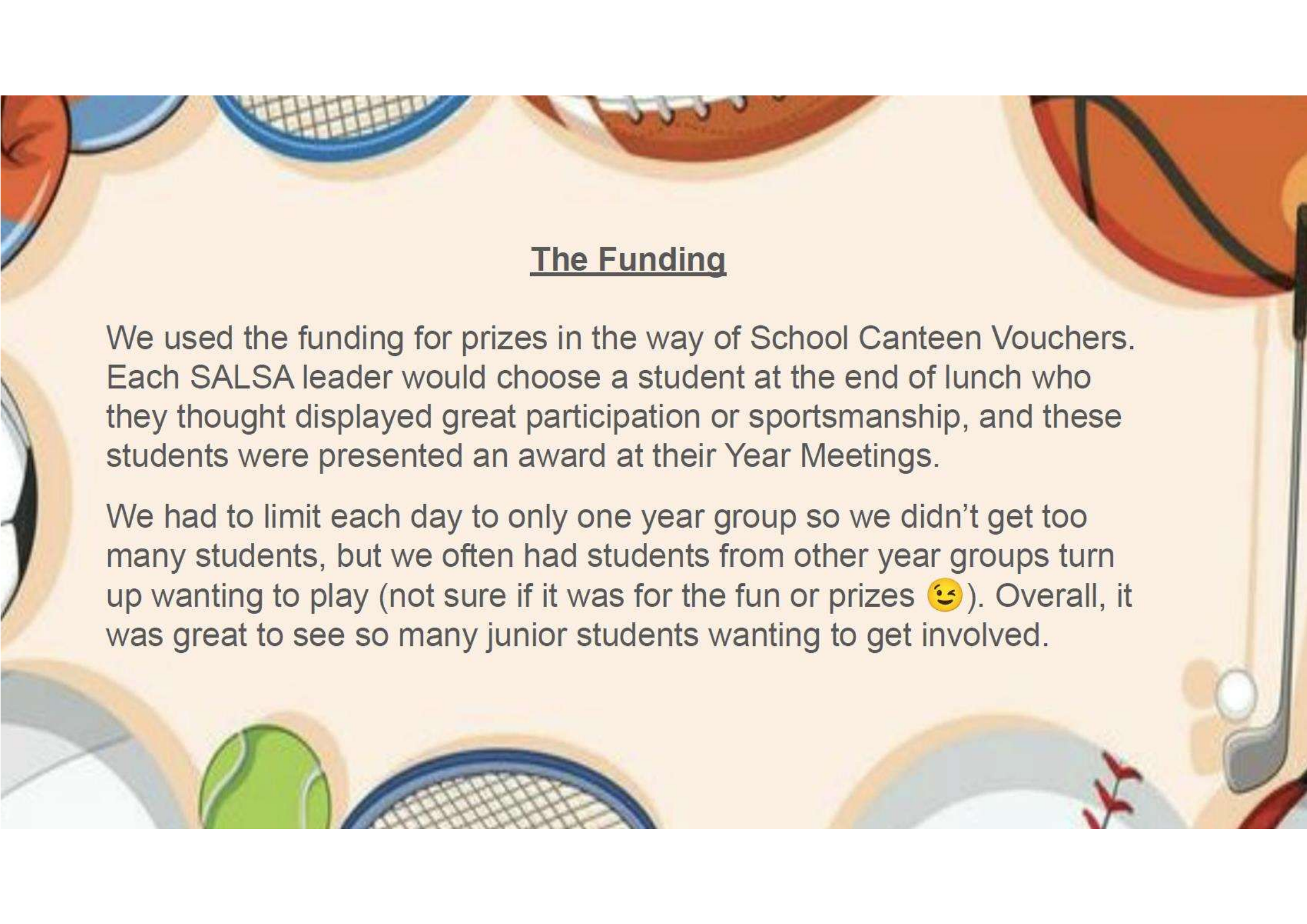
We also put regular reminders in our Daily School Notices so that students would not forget.

A decorative border surrounds the text, featuring various sports equipment: a blue tennis racket, a brown football, an orange basketball, a golf club with a white ball, a green tennis ball, and a baseball bat.

The Implementation Phase

Each of our SALSA groups had to give our teacher a list of equipment that we required for our chosen activity. These activities would change from week to week so that each year group had a variety of activities.

The SALSA leaders would turn up to the ovals on their allocated day, had 10 minutes to set up at the start of lunch and 10 minutes to pack up at the end, giving us 20 minutes of playtime each day. This also gave the juniors a little bit of time to eat their lunch before playing the games. It all seemed to work out very well.



The Funding

We used the funding for prizes in the way of School Canteen Vouchers. Each SALSA leader would choose a student at the end of lunch who they thought displayed great participation or sportsmanship, and these students were presented an award at their Year Meetings.

We had to limit each day to only one year group so we didn't get too many students, but we often had students from other year groups turn up wanting to play (not sure if it was for the fun or prizes 😊). Overall, it was great to see so many junior students wanting to get involved.