

.... As a class, we chose to split up into group to plan an event to for 'Get up and Go' week. The purpose of Get up and Go week was to get people involved in an active event to promote a healthy and active lifestyle.....we had several ideas that we which we discussed as a group for example a tournament, a sports week, a try out a new sports day. The final event chosen was to do an "Amazing Race". We chose this because it is a well-known famous event which many of the students would have watched on T.V and therefore it would create a lot of interest. We also thought it was a fun idea and a good chance for participants to use physical, mental, strategically and team work skills. The amazing race would be an event run over an afternoon. Teams would compete against each other in several events/stations which are to do with active/sporting events. Teams will gain points at each activity and at the end of the afternoon the team to finish all the events first as well as collecting all the ribbons offered at each event would win. ...At each station, we decided the groups would have to answer a question. When they get it correct they will receive a clue to find a certain colour or ribbon. To complete the amazing race, they would need all six ribbons...**They designed an entry booklet including all the information each team would need to compete. The entry booklet included a team name, whanau and classes they would be missing, who those teachers were whose class they would be missing were, a set of rules, entry fee, and general info for the event and how to play the games. The next step was to start advertising our event and getting people interested by printing out posters with our logo and info about the event. ...We all printed our posters at home then we hung them up around the school. We put a notice in the daily notices about our event, stating that anyone interested in junior school should come and pick up an entry form, and that it must be handed in by the 16th August...We decided on the junior students due to the fact that they will not be involved in exams during term three. We wanted to get an idea of the make-up/profile of the students that we would be taking and what games or activities that they may be interested in so that we could so what would be the most relevant activities for them to be involved in....We decided to survey the top middle and bottom classes in year 9. SM approached Mrs And got a timetable for these particular classes so we could determine what period would work best. TA sent the e-mails to the chosen teacher of each class so that they were aware of what was happening and would not be surprised when we arrived in class to conduct the survey. There was an issue with this however as not all the teachers which ...emailed replied before school started that morning. TA organised for her sister to TA's e-mails during her computer class as none of us had computer access that morning during class. We received all the teachers replies except for two, so during morning tea, Tara went and found the two teachers and successfully go their permission. I think next time we would probably ask a little bit earlier so that the teachers had more time to reply, we could have also asked our teacher to give the message to the teachers in the staffroom that morning so that they did not forget.**

...The race was originally planned to start at 1pm giving us all of period four and half an hour of lunch time to set up, but as the time quickly passed by we started to panic and realised we would not be ready to start at 1pm as we had to organise the activities and this took a lot longer than we expected. Luckily the teams understood and didn't mind waiting till the end of lunchtime to start. 'We don't mind' one girl said as 'we get more time to eat and get ready before the event'. **I think if we did this next time we would try and get some stuff ready the**

day before or try and use the period 3 as well, this would ensure that we are ready to start on time and not stress ourselves out by rushing round.

Our main aim purpose of this event was to get students up and active and involved. We also aimed to plan a successful properly organised and well run event for students to get involved in and enjoy being active. We had very positive outcomes from our event we got student active and involved as evidenced in the photos you can see that all students are involved in the events and there are no students not being active. The events that we organised such as the obstacle course and the horizontal bungee made student get involved as they wanted to compete and help their team to win the amazing race. The obstacle course provided students with the opportunity to get active as it was a race through certain obstacles like crawling through hoops and jumping over benches. The water balloons got people involved by giving them an opportunity to have fun while involving some skill by trying to hit a target. From the participants feedback from the event all the students surveyed said that they had fun and enjoyed being involved in the amazing race. Many students said that this was the best thing that they had done all year. Although while I was reflecting back to our very first aim which was to get as many students involved and active for the 'Get up and Go' week, I realised that due to us getting really caught up in planning a successful perfectly planned and run event we didn't focus enough on the particular part of our aim. To improve if we ran this event again or completed an assessment similar to this I think we could probably run this for the year 10 students as well on a different day and maybe offer it to other students in the school as well. This would mean that we could get as many students as possible involved in getting active. The part of our aim around an active a healthy lifestyle was a little harder to get feedback on as I don't think that student really think about whether the events that we promoted would have an effect on their lifestyle as they were just going along to have fun rather than the event having an effect on their well-being. I think that indirectly it may have an effect and that maybe we can make our aim clearer in the future by focusing specifically on what areas of well-being it may affect and then showing evidence of this.

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