

A DAY IN THE LIFE OF AN ELITE SPORTSPERSON

Our Education Programs have been designed in alignment with the Australian Curriculum for Year's 3 to Year 10, making life easy for teachers.

Our *"A Day in the Life of an Elite Sportsperson"* programs aims to educate students about the importance of developing healthy lifestyles and positive wellbeing, utilising strategies used by elite sportspeople to create life-long learning.

CURRICULUM ALIGNMENT

Our programs have been designed by qualified educators, together with ACHPER, in alignment to the Australian Curriculum. Within each program there are multiple Achievement Standards and Content Descriptors addressed.



WHY MAX EDUCATION?

Educators

- Curriculum resources and activities aligned to ACARA.
- Lesson plans and resources provided. Completely facilitated by AFL Max Educators at our venue.
- Increase literacy and numeracy skills through PE and Health Education.
- Assist in developing healthy lifestyles and wellbeing for students.

Students

- Learn healthy strategies to improve their overall health and increase physical activity.
- Use sport as a vehicle for student engagement, in an elite sporting environment.
- Have fun whilst experiencing meaningful education.

Parents

- Your children will learn about the importance of life-long health and wellbeing.
- Your children will be engaged through Physical Activity and teamwork.
- Your children's desire for learning will be refreshed in an innovative learning environment.

OUR PROGRAMS



PERSONAL DEVELOPMENT

A holistic focus on developing the wellbeing of each student in order to encourage lifelong healthy living.

- Developing Mindfulness
- Staying Healthy
- Creativity and Problem Solving
- Resilience and Grit
- Developing a Growth Mindset



LEADERSHIP AND SOCIAL DEVELOPMENT

A focus on developing life skills that will assist each student in their day to day life as well as encouraging collaboration and working together.

- Respectful Communication
- Courage
- Teamwork
- Caring for Others
- Self-Direction



HIGH PERFORMANCE WELLBEING

A focus on developing a high performance mindset and encouraging students to use preparation strategies used by elite athletes.

- Data Collection and Analysis
- Dealing with Pressure
- Preparation and Recovery
- Skill Development
- Decision Making

PROGRAM STRUCTURE

Each program features content of Positive Education and the Physical Education & Health curriculum. Using a combination of theory and practical education, each program consists of three parts:



Pre-AFL Max Lesson Activity conducted at your school. Teaching resources provided by AFL Max.

1 THEORY ⌚ 45 mins



Focus Topics to be covered whilst at AFL Max, facilitated by AFL Max Educators.

2 PRACTICAL ⌚ 120 mins



Post-AFL Max Lesson Activity conducted at your school. Teaching resources provided by AFL Max.

3 THEORY ⌚ 45 mins

BOOK YOUR SESSION

Our Program pricing is available for school groups attending Mon to Fri, 9am to 3pm, during school term. School groups must be accompanied by a teacher.

To book or make an enquiry email bookings@aflmax.com.au or call (08) 8413 6585

\$23 pp

Participate in one program

\$20 pp

Participate in three programs

*Prices are per Program and include all 3 parts of the Education Experience and AFL Max Performance socks