

# healthy activeKIDS

A healthy tomorrow for today's children





# We believe that healthy families are happy families

This belief is the foundation of our commitment to helping Australian families lead an active and healthy lifestyle. We've created this booklet to show you some simple and fun ways to get the most out of your time together as a family.

We realise how a busy life can make it challenging to eat well and be active. So we have put together, with the help of nutritionists, healthy eating tips for every part of your child's day. We've got great articles on breakfast, tips for packing a balanced lunchbox and also ideas on how to get your kids cooking.

In this booklet we also share some of the AIS's expertise in how to get kids out and active – and help them develop some sporting skills along the way. It includes a teaching guide to some of the popular sports taught in schools.

We hope that we give you that extra little motivation to live a healthy, active and happy family life.

A healthy tomorrow  
for today's children.

Since 1999 the Australian Institute of Sport and Nestlé Australia have teamed up to inspire Australian kids towards a healthy lifestyle. Our partnership is part of the Nestlé Healthy Active Kids Programme, which aims to raise nutrition, health and wellness awareness of school-age children.



# Healthy eating for active kids

Healthy eating gives kids the energy they need for their busy days. Here are some great ways to make it easier.

## Breakfast is important

It can be up to 12 hours since their last meal, so kids need to refuel for the day ahead. Give them healthy choices like cereal and reduced fat milk, toast, fresh fruit, eggs on toast, juice and reduced fat yoghurt.



## Water works

Get kids into the habit of drinking water to keep them hydrated throughout the day.



## Snack smart

Encourage your kids to take an interest in their health early in life by planning their own healthy snacks - this will help them look for a healthy diet when they get older.



## Eat at the table

Eating snacks and meals sitting down at the table or kitchen bench instead of in front of the TV is good habit for the whole family.



## Get a balance

Variety and balance are the key to helping a child enjoy a healthy diet. Aim to eat a variety of foods each day (this depends on the age of the child) including fruit, vegetables, wholegrain breads and cereals, lean meat or fish and reduced fat dairy products.

## Tasty exploration

Encourage kids to try different foods from different cultures. Exposure to lots of different tastes and flavours adds excitement to meals.

## Get cooking

Food is not just about good nutrition, it's one of life's great pleasures. Transform your kids into young cooks - even young children can help peel carrots, pod peas, grate cheese, put together tacos or design their own healthy pizza topping. If they've helped make it, they'll be more likely to enjoy eating it.



Encourage them to eat slowly! This prevents overeating and helps them recognise when they're full.

## Slow & steady

# Guide to healthy eating

Healthy bodies need to be nourished & energised.

The Australian Dietary Guidelines provide advice about the amounts and kinds of foods that we need to eat for good health and wellbeing.

The Australian Guide to Healthy Eating, Commonwealth Copyright 2013 is reproduced with permission of the Australian Government Department of Health and Ageing, 2014.



## Tips for a healthy diet

1

### Enjoy variety

Choose different varieties of foods from within each of the five food groups from day to day, week to week and at different times of the year.



2

### A good balance

Eat plenty of plant foods (wholegrain bread, cereal, rice, pasta, noodles, vegetables, legumes and fruit), moderate amounts of animal foods (reduced fat) dairy products, meat, fish, poultry and eggs) and small amounts of treat foods. Swap saturated fats (such as butter and cream) for polyunsaturated and monounsaturated oils and spreads.

3

### Keep hydrated

Drink plenty of water.

# The Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans

Fruit

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Use small amounts



Only sometimes and in small amounts



Independent Government information regarding healthy eating is available at: [www.eatforhealth.gov.au/guidelines](http://www.eatforhealth.gov.au/guidelines)



# What's on your plate kids?



As children are constantly growing, their needs are different.

Generally, a plate for an active child should be split into 3 equal portions:

## 1/3 protein

meat, fish, chicken or legumes

## 1/3 carbohydrates

cooked rice, pasta or potato

## 1/3 vegetables

vegetables or salad



## Is your family eating enough fruit & veggies?

This is how many serves we should all be eating each day.

	Fruit (150g)	Vegetables (75g)
Children 4-8 years	1½	4½
Children 9-11 years	2	5
Girls 12-18 years	2	5
Boys 12-18 years	2	5½
Women 19-50 years	2	5
Men 19-50 years	2	6
Women 51-70 years	2	5
Men 51-70 years	2	5½
Women 70+ years	2	5
Men 70+ years	2	5

## How to get your kids to eat veggies

It can be hard to give kids the recommended 1/3 of a plate of veggies or salad each day.

### Here are some tips:

#### Grow your own veggies

They're sure to taste better and getting the kids involved will add interest.

#### Be a role model

Kids are more likely to develop a habit of eating vegetables if they see it's a normal part of family meals.

#### Include veggies in dishes

like spaghetti bolognese and soups. Easy additions include grated carrots, zucchini and pumpkin.

#### Experiment

with the way you present veggies. Sometimes the size or shape can make a big difference.



# A good breakfast

Get set for the day. Breakfast takes only 10 minutes to eat and provides essential nutrients that you'll need to help get the most out of the day ahead.

## Benefits of eating breakfast



### Boost wholegrain intake

Cereals can contain wholegrains and starting your day with a wholegrain cereal will help kick start your daily intake of wholegrains. It's that simple!



## Calcium

The most recent national children's nutrition survey in Australia shows that calcium is a key nutrient of concern with 60% of children aged 9-16 years not meeting calcium requirements.

Calcium is important for building and maintaining strong bones. As children get older their calcium requirements increase, but their intake of dairy foods does not increase to meet their needs. Many teenagers, especially girls, have low intakes of dairy foods and subsequently more than 80% are not meeting their calcium needs<sup>1</sup>.

Dairy has long been recognised as an important dietary source of calcium, with milk being the greatest source. Dairy Australia recommends 3 serves of dairy foods per day. Reduced fat milk, yoghurt, and cheese are great choices.

### Tips for a brilliant breakfast

#### Get into grains

Buy high fibre bread and cereals for dietary fibre to help keep you regular.

#### Breakfast on the go

For a quick brekkie if you're in a rush, make some wholegrain toast and pour yourself a glass of reduced fat milk.

#### Dabble in dairy

Enjoy reduced fat dairy (milk, yoghurt and cheese) for protein, calcium and other essential nutrients.

#### Have it hot

For a warm start to the day try some porridge, or poached eggs or baked beans on toast.

#### Fit in fruit

For a light breakfast grab an apple or a banana.

While plain milk is always a great choice, flavoured milk is also a nutrient rich beverage and may be an effective way to help increase milk consumption and calcium in children's diets, without impacting on body weight measures.\*



For more information on nutrition, visit [www.nutrition.nestle.com.au](http://www.nutrition.nestle.com.au)

<sup>1</sup>2007 Australian National Children's Nutrition & Physical Activity Survey.

\*Fayet et al 2013, 'Australian Children who drink milk (plain or flavoured) have higher milk and micronutrient intakes but similar body mass index to those who do not drink milk', *Nutrition Research*, 33: 96-102.

# A balanced lunch

After an action-packed morning it's important to refuel with a nutritious and tasty lunch. Taking a break to sit and enjoy a balanced lunch will help ensure that busy bodies are nourished and recharged.



## Pack a balanced lunch

### Sandwich

Wholegrain breads are great choices.

### Piece of fruit

You'll be halfway to your two serves of fruit for the day.

### Reduced fat dairy

Pop in a tub of yoghurt, some slices of cheese or a milk drink.

### Bottle of water

A frozen bottle of water or long life milk drink are the best choices.

### Tasty Snack

Try muesli bars, rice crackers or carrot sticks with hummus.

## Lunchbox tips

A note from our nutritionists

### Give your kids some choice

Lunchboxes are within the child's ultimate control so it pays to have an open discussion about what and when they like to eat. Offer them 3-4 things you're happy to include and let them choose.

### Wrap it

One of the favourites of my three boys is a wrap made with leftover cooked chicken, grated carrot, grated cheese and lettuce with either barbecue sauce, sweet chilli sauce or mayonnaise. Celery sticks with hummus in them are also popular.

### Remember - safety first

Food spoilage is an important issue for school lunchboxes as it can result in illness. Choosing an insulated lunchbox or one with a frozen water bottle is one way to keep lunches cool. Teaching your children to check if their lunch is cool before tucking in can also reduce the risk of illness. Finally, when preparing lunches, wash your hands properly and teach your children to do the same before they eat.

## Smart snacks for sporty kids

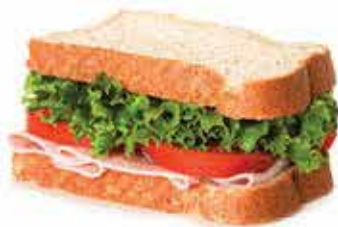
Try high fibre fruit muffins for morning tea or after-school sport; homemade sushi rolls for lunch; and a dried fruit and chocolate chip combo for sport energy.

## Keep it crunchy

We use a Tupperware lunchbox with dividers – we put fruit or veg in one or two sections and finger-like bread sticks with sesame seeds on them in the other section. We use cream cheese or avocado to hold ingredients together and sometimes make wraps for variety.

## A great play snack

Try crispy pita triangles with a delicious homemade dip. Bake pita triangles in the oven until crisp and put in a small airtight container in the lunch box. These are great with a delicious dip of hummus or avocado guacamole put into a small sealed container. Pita crisps are also scrummy when baked with a small topping of vegemite or grated parmesan cheese.



# Get your kids cooking

Getting your little helper in the kitchen is a great way to spend time with them and they'll love eating their special creation.

## Here are some tips:

### Involve your family in cooking

Share food together and be a good role model for developing a healthy relationship with food.

### Start with easy jobs

like measuring flour into a bowl. Expect mess - spills will happen.

### Safety first

Use plastic measuring cups and bowls instead of glass. Keep children away from hot or sharp objects.

### Choose simple recipes

which are clear and easy to follow.



## Lunchbox recipes

Great lunchbox fillers, these recipes are simple to make and full of flavour.

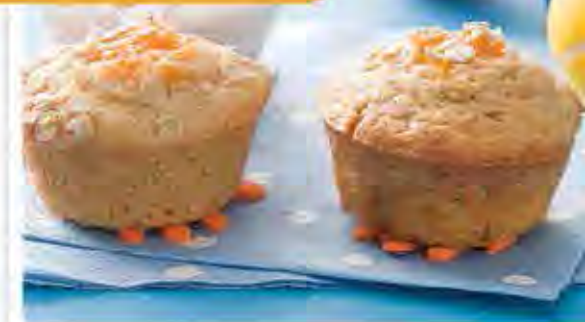
### Fried Rice

2 1/4 cups (450g)	long grain white rice
2 eggs	lightly beaten
1 medium (120g)	carrot, thinly sliced
1 medium (200g)	red capsicum, sliced
150g	baby corn
1 cup (70g)	sliced button mushrooms
3	green onions (shallots), sliced
150g	reduced fat ham, chopped
1 cup (120g)	frozen peas
1/4 cup (60mL)	soy sauce
2 tbsp	sweet chilli sauce
	spray oil for cooking

1. Cook rice according to packet directions; drain; run under cold water to cool down; spread onto a baking tray and place in the freezer while preparing remaining ingredients.
2. Heat a non stick frying pan or wok over medium heat. Spray with oil; pour in eggs, swirl so the egg evenly covers the base; cook until just set, roll up and slice thinly; set aside.
3. Reheat frying pan or wok over high heat; spray with oil; cook carrot, capsicum, corn and mushrooms for 3 minutes. Add green onions, ham, rice and peas; cook 4 minutes or until rice heats through.
4. Add egg, soy sauce and sweet chilli sauce; toss until well combined.

Serves: 6  
Prep time: 15 mins  
Cooking time: 12 mins

ANALYSIS	Per serve
Energy	1639kJ
Protein	15.4g
Fat, Total	4.1g
- Saturated	1.2g
Carbohydrate, Total	70.2g
- Sugars	5.5g
Sodium	949g
Dietary Fibre	4.3g



### Apricot & oat muffins

1 cup	self raising flour
1 cup	plain flour
3/4 cup	brown sugar
1/2 cup	rolled oats, plus 1 tbsp extra
3/4 cup	low fat milk
1/2 cup	canola oil
2	eggs, lightly beaten
3/4 cup	pie apricot, plus 1/4 cup extra

1. Preheat oven to 180°C/160°C fan forced. Grease a 12 hole (1/3 cup/80mL) muffin pan.
2. Sift flour into a large bowl; add sugar and rolled oats; mix well; pour in combined milk, oil, eggs and pie apricot; mix just until combined.
3. Divide mixture evenly between muffin pan; sprinkle with extra rolled oats and divide extra pie apricot on top of each muffin. Bake 25 minutes or until golden.

Makes: 12  
Prep time: 15 mins  
Cooking time: 25 mins

ANALYSIS	Per serve
Energy	1112kJ
Protein	5.0g
Fat, Total	11.0g
- Saturated	1.0g
Carbohydrate	36.0g
- Sugars	16.1g
Dietary Fibre	1.7g



## Survival for the Active Family

is the fourth official cookbook from the Australian Institute of Sport and Nestlé. Developed by the sports dietitians at the AIS, and with help from the athletes themselves, this cookbook is perfect for busy families who want healthy, tasty food without spending hours in the kitchen. Each recipe is accompanied by a nutritional analysis with cooking and serving tips.



For more delicious lunchbox recipes, visit: [www.recipes.com.au](http://www.recipes.com.au)



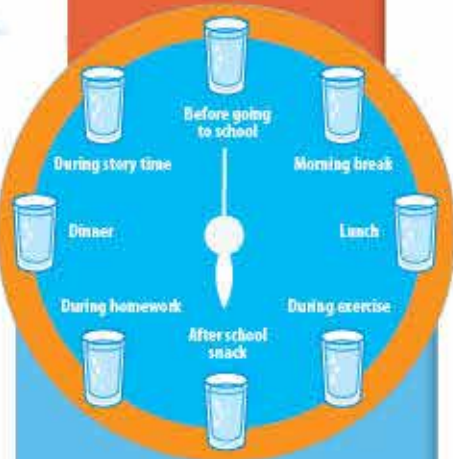


# Hydration

We all know that drinking clean, fresh water is an important element in helping to keep our body healthy, but many people don't realise just HOW important it is for us, and especially for our children.



8 daily occasions  
to drink water



## Healthy Habits

Help them to drink 8 glasses of water\* all day long by scheduling 8 specific occasions that are easy to remember. For example, before leaving for school in the morning, put a small bottle of water in their schoolbag or sports bag. Explain to them the importance of drinking by themselves, even before being thirsty.

60% of your child's body composition is water.<sup>1</sup>

Water is present in every part of the body, every organ, every cell, and notably the brain. During childhood, a crucial period of development and learning, keeping hydrated is essential for your child's body and brain to function optimally.

Help your children to drink water before, during and after school

The age-old saying that we need 8 glasses of water a day is not a hard and fast rule, but rather an average. The amount of water needed to keep your child hydrated depends on your child's gender, age, environment, health and level of physical activity.

What we do know is that we need to replace the water we lose through everyday activities. Making sure your child has access to clean, fresh drinking water at all times is an important step to helping them keep hydrated.

At home, at school and at their activities, keeping hydrated is important for your child to feel good, both physically and mentally.

## Tips for keeping your child hydrated

*"I find it is hard to convince my daughter to drink water."*

Children often imitate adults. Consider being an example for your daughter. When she sees you drink water, she will want to drink some too. **Another tip:** put bottles of water in accessible places like on the dining table, in her bedroom or in her schoolbag or sports bag.

*"When my daughter is thirsty, she needs water right away and can't wait."*

Whenever possible, place a bottle of water in her bag or with her belongings. You can also take one with you when you're out together.

*"My son always tells me he is not thirsty when I suggest he should drink water."*

The sensation of thirst arises when the body has already lost a lot of water. You can explain to him that by the time he feels thirsty, a lack of hydration is already there. Encourage him to drink small quantities of water regularly throughout the day before he gets thirsty.

*"I have no control on what my son drinks at school or when he is not at home."*

Teach him the importance of water and encourage him to drink regularly when you are together. If drinking water all day long becomes a habit, he will keep on doing so when you are not with him. **Another tip:** give him a small bottle of water for school.

\*1 glass = 250ml.

1. Jackson, Sheila (1985). *Anatomy & Physiology for Nurses, Nurses' Aids Series* (9th ed.). London: Bailliere Tindall. ISBN 0-7020-0737-4.

# Eating for sports days

The food kids eat can make a big difference to sporting performance.

## Eat to meet energy needs

The amount of activity you do, determines how much energy you need to consume. Kids who are more active need to eat a little more food from each of the five food groups.

## Eat before activity

It's important to eat and drink before playing sport. Foods such as fruit, reduced fat yoghurt, sandwiches and water an hour or two before sport are usually appropriate.

## Drink

Children have not yet developed an adult's ability to sweat and keep themselves cool during high-intensity sport or exercise in the heat. They need to pay special attention to drinking during exercise to avoid dehydration. Water is the best option. When workloads become serious, sports drinks may be suitable.

## Timing tactics

The breaks between events may not be long enough for a meal to be digested. Instead, a better strategy might be to have lots of small nutritious snacks throughout the day. Experiment during training to know what type and timing of foods and fluids best suit your child – don't leave it until competition day.

### No break between events

- Water and sports drink

### Short break between events (less than 1 hour)

- As above, and the following, if hungry: fruit (fresh, canned, dried) or fruit bar, jelly lollies

### Medium break between events (1-2 hours)

- Water, sports drink, fruit juice, smoothie, liquid meal
- Same snacks as above, and the following: crackers, sandwiches, cereal bars, pikelets or scones, reduced fat yoghurt

### Long break between events (more than 2 hours)

- Water, sports drink, fruit juice, smoothie
- Same snacks as above, and the following: breakfast cereal with reduced fat milk, bread rolls with meat/reduced fat cheese fillings, rice or pasta salad





# Fun ways to get active

Whether it's playing with friends or family, or taking part in sports and other physical activities, being active is good for everyone!



## Join a local club

It's a great way for kids to get fit, have fun and meet new friends. Who knows, you could have a future top athlete on your hands!



To find out more about joining a local club, visit these websites:

- Soccer: [footbballaustralia.com.au](http://footbballaustralia.com.au)
- AFL: [aflauskick.com.au](http://aflauskick.com.au)
- Rugby League: [nrl.com.au](http://nrl.com.au)
- Rugby Union: [rugby.com.au](http://rugby.com.au)
- Netball: [netball.asn.au](http://netball.asn.au)
- Basketball: [basketball.net.au](http://basketball.net.au)
- Cricket: [cricket.com.au](http://cricket.com.au)
- Hockey: [hockey.org.au](http://hockey.org.au)
- Tennis: [tennis.com.au](http://tennis.com.au)
- Cycling: [cycling.org.au](http://cycling.org.au)
- Athletics: [littleathletics.com.au](http://littleathletics.com.au)
- Surf Life Saving: [slsa.com.au](http://slsa.com.au)
- Swimming: [swimming.org.au](http://swimming.org.au)

## Have fun

Sounds simple but the basic rule is that sport and activity should be enjoyable.



## Handy action toys

Keep a football, basketball or tennis ball handy to grab on your way outdoors for an easy 20 minutes of fun.

## Enjoy variety

Encourage kids to try a range of sports and activities to develop a range of skills and find one or two that they really like.



## Try something new

Develop a new family activity such as indoor rock climbing, bike riding, skiing or sailing.



## Take the lead

Kids take their cues from their parents - so make activity a regular part of your family routine.



## Leave the car behind

Leave the car behind and introduce kids to the way we all once got around - walking or riding bikes with them.



## Find a balance

Help kids find their own balance of friends, physical activities, indoor play and homework with unstructured play such as daydreaming, creating, thinking and reading.



# Sports skills

We share some of the AIS's expertise with a teaching guide to some of the popular sports taught in schools:

- TENNIS • CRICKET • FOOTBALL
- BASKETBALL • FOOTBALL CODES
- NETBALL • SWIMMING

## Tennis



### Serving Position

- Align the feet parallel to the baseline with the front foot angled toward the net post.



### Serving Swing

- Swing the racquet up to make a 90 degree angle between the upper arm and forearm keeping good space between the racquet and the back.



### Serve

- Swing the racquet up to the ball in an over-arm throwing motion and make impact in front of the body with the arm almost fully extended.



### Follow through

- The racquet decelerates as the body continues to move toward the direction of the target extended.



### Forehand grip

- Place the racquet on the ground laying flat and then pick it up. This should align the base knuckle of your index finger and the heel pad of your hand on the third level of the grip.



### Forehand drive

- Start in ready position with your feet shoulder width apart. Initiate the swing by turning the shoulders, create a circular shape on the backswing then swing forward low-high to hit the ball.



### Backhand grip

- Start with forehand grip, turn racquet one-quarter of a turn left so the base knuckle of your index finger and the heel pad of your hand are on the top bevel. With your left hand use a left handed forehand grip to hold the racquet.



### Backhand drive

- Start in ready position with your feet shoulder width apart. Initiate the swing by turning the shoulders, create a circular shape on the backswing then swing forward low-high to hit the ball.



For more information on tennis visit:  
[www.tennis.com.au](http://www.tennis.com.au)

# Cricket



# Cricket



## Batting Grip

- Hands placed together in the middle of the handle.
- Vs formed by thumb and index finger to point down the back of the bat between the middle and front edge.

## Batting Stance

- Side on to the bowler.
- Head upright, eyes level.
- Feet approximately shoulder width apart.
- Bat resting behind back foot.

## Batting Grip

- Hands placed together in the middle of the handle.
- Vs formed by thumb and index finger to point down the back of the bat between the middle and front edge.

## Catching

- Feet should be shoulder width apart, knees slightly bent.
- Keep head still, eyes on the ball.
- Use two hands to create a large catching area.
- Fingers point up, down or to the side.
- Catch with soft hands giving with the ball.

## Throwing

- Hold the ball with fingers across the seam.
- Stand side on and point towards your target with the hand without the ball.
- Reach back and high with the throwing hand with your fingers on top of the ball.
- Pull your front arm down and throw the ball.
- Follow through with your throwing hand across your body.

## Slips

- The wicket keeping position can also be used when fielding in a slips position.



## Bowling Grip

- Fingers either side of the seam and thumb underneath.

**Action:** There are two main ways to learn a basic bowling action:

## Pull the String

- Stand side on to the target.
- Pretend your hands are joined by a string.
- Stretch the string with front arm reaching for the sky and bowling arm next to back knee.
- Pull the string down with the front arm to bring the bowling hand up and over to release the ball.
- Follow through with the bowling hand across the body.

## Rock and Bowl

- Make a cross with the arms then turn side on with the arm holding the ball at the back.
- Head level and turned to look at the batter.
- Begin rocking from front foot to back foot like a see-saw.
- Once you have a good rock, release the ball as you rock forward.
- Front arm pulls down past hip with bowling arm following across body.

## Wicket Keeper

- The wicket keeper is positioned behind the stumps in a crouched position, feet about shoulder width apart, with bent knees and hands cupped together ready for a catch.
- For spin bowlers, the wicket keeper is close up to the stumps and for fast bowlers, the wicket keeper is further back.
- When catching the ball, fingers should point up, down or sideways rather than straight at the ball.



For more information on cricket visit:  
[www.cricket.com.au](http://www.cricket.com.au)



# Football



# Football



## Receiving: Chest

- Pull in your chest quickly on impact with the ball to let the ball drop to the ground.

## Receiving: Thighs

- Keep your thigh flexed but relax it upon impact with the ball letting the ball drop to the ground.

## Receiving: Top of foot

- Use the top of your foot to cushion the ball.

## Push pass

- Non-kicking foot is placed to the side of the ball.
- Keep eyes focused on the ball with body slightly bent forward.
- Pass the ball using the inside of your foot.
- Your kicking foot follows through for accuracy.

## In-step kick

- Approach the ball straight on, placing the non-kicking foot beside the ball.
- Eyes stay on the ball, body bent slightly forward.
- Point toes of kicking foot down, heel up and ankle rigid.
- Contact the centre of the ball with instep and follow through.

## Dribbling and stopping

- Take short steps when running with the ball so you can change direction quickly and easily.
- Strike and receive the ball with the inside of the foot.



## Receiving: Sole of foot

- As the ball approaches, lift trapping foot high enough for the ball to get under the sole.
- Hold heel at an angle to rebound the ball down.

## Receiving: Inside of foot

- Turn side-on and raise receiving foot to meet the ball.
- Make sure your foot is angled so the ball will not rebound forward.
- 'Give' with your foot to cushion the impact.

## Receiving: Outside of foot

- Turn and swing your receiving foot across in front of your body.
- The side of your foot should be angled so that the ball will not rebound forward.
- 'Give' with your foot to cushion the impact.



## Goal keeping

- Keep body between the ball and the goal.
- Try to catch the ball with both hands and bring the ball back into body.
- If the ball cannot be caught or trapped, it should be deflected or punched away to the sides of the goal.

## Goal shooting

- Make contact with the full instep of your boot.
- Lean slightly over the ball.
- Keep head down and eyes on the ball.
- Follow through in the direction of the target.



## Heading the ball

- Strike ball using front part of forehead.
- Keep eyes open.
- Push head forward to meet the ball.



### Position

- Use fingers not palm to control the ball.
- Push ball down to ground and let the ball ease back up into your hand.
- Keep ball below waist height.
- Keep head up and try not to look at the ball.
- Knees stay bent.

### Speed dribble

- Push the ball out in front on same side of body as dribbling hand.

### Crossover dribble

- Use crossover to change direction while dribbling.
- Lean forward slightly and push the ball across and in front of the body to the other hand.
- Keep the ball low and use a body movement similar to a side step.



### Baseball pass

- Stand side on to the target with weight on back foot.
- Cradle the ball with throwing hand and take it back into the over-arm throwing position.
- Transfer your weight on to the front foot, rotate hips and bring your arm through at head level.
- Bring your arm forwards, snap wrist and release ball.



### Two handed chest pass

- Keep eyes on target and hold the ball with fingers in front of chest.
- Spread fingers and thumbs behind the ball.
- Step forward onto the front foot, aim for receiver's chest and push the ball forward.
- Follow through with fingers pointing toward target.



### Two handed overhead pass

- Grip the ball directly above head with fingers of both hands.
- Stand with one foot in front of the other with weight slightly on your back foot.
- Keep eyes on target (receiver's chest).
- Transfer weight onto front foot, bring arms forward, snap wrists and release ball.

### Position

- Hold the ball with fingers spread around and underneath ball.
- Guide the ball using non-shooting hand on side of ball.
- Keep the ball on same side of the body as shooting hand.
- Feet should be shoulder width apart and bent.

### Jump shot

- Push the ball using one smooth action from your chest toward target, using your legs to help push upwards.
- Snap your wrists on release of the ball and follow through with your hand in 'dead duck' position.
- Keep your eye on target rather than following flight of the ball.



For more information on basketball visit: [www.basketball.net.au](http://www.basketball.net.au)



## Football codes



### Drop Punt

- This kick can be used in either Rugby League, Rugby Union or Australian Rules.
- Grip the ball down both sides with thumbs almost touching.
- Keep the lace on the ball facing up.
- Run towards target, beginning with a five-step run up.
- Lean forward with your head over the ball.
- Guide the ball down over the middle of the kicking leg onto instep, bring leg through to kick the ball, keeping your eyes on the ball.
- Follow through in the direction of target.



### Bouncing a football

- This ball skill is used in Australian Rules.
- Hold the ball firmly with one hand over the top of the ball, ready to push it to the ground.
- Push the ball down to the ground toward a spot in front of the body. Guide the ball with the lace up.
- Catch up with the ball as it rebounds from the ground.



### Place kick

- This ball skill is used in Australian Rules.
- Hold the ball firmly with one hand over the top of the ball, ready to push it to the ground.
- Push the ball down to the ground toward a spot in front of the body. Guide the ball with the lace up.
- Catch up with the ball as it rebounds from the ground.

### Grubber kick

- A bouncing kick along the ground.
- This skill is used for both Rugby League and Rugby Union and Australian Rules.
- Hold the ball in two hands with your fingers pointing down both sides. Point the ball towards the target.
- Line the ball up over your kicking leg as you run towards the target.
- Release the ball and kick it along the ground with a stabbing action.

### Overhead marking

- This ball skill is used in Australian Rules.
- Fix your eyes on the oncoming ball and align body behind flight of ball.
- Raise your knee forcefully to gain lift off the ground.
- Extend your arms above your head, grasp the ball with your fingers outstretched and thumbs almost together.
- Catch the ball slightly in front of your head and eyes.
- Grip the ball firmly and quickly bring it in close to the body.

### Two-handed pass

- This move is used in both Rugby League and Rugby Union.
- Stand side on to the receiver, gripping the ball around the middle with both hands and pointing it towards the ground.
- Hold the ball out to the side furthest away from the receiver.
- Turn your head and shoulders to look at the receiver.
- Throw the ball with a 'pushing' action, flicking.

For more information visit:

[www.austouch.com.au](http://www.austouch.com.au) | [www.rugby.com.au](http://www.rugby.com.au)  
[www.nrl.com.au](http://www.nrl.com.au) | [www.afl.com.au](http://www.afl.com.au)

## Football codes







# Netball



## Throwing

- Stand side on to person receiving the ball.
- Have opposite foot to throwing arm at the front.
- Step onto front foot as throwing.

## Catching

- Watch the flight of the ball and snatch it out of the air with fingers stretched wide.

## Goal shooting

- Reset the ball on the base of fingers and thumb of shooting hand.
- Use the other hand to support the ball.
- Hold the ball high above head with elbow pointing to the goal.
- Bend knees and elbow and straighten arm in the direction of the goal.
- Use wrist and fingers to flick the ball high.



## Player with the ball

- Stretch your arms towards your opponent.
- Stand 0.9m away.
- Leap to intercept or deflect the pass.

## Player without the ball

- Stand side on to player so your front arm can be used to defend the ball.
- Keep your legs slightly bent and your hands close to your thighs.
- Shadow your opponent.

## The shooter

- Defender's feet must be 0.9m away from shooter.
- Raise your arm only when 0.9m distance has been made.
- Try to get your blocking hand as close as possible to the point of release of the ball.



# Swimming



## Head position

- Keep your eyes looking directly at the bottom of the pool.
- Keep your neck as long as possible, no wrinkles.

## Arm recovery

- Fingers must be kept slightly apart to achieve relaxation in the water, this delays the onset of fatigue.



## Stroke

- The pull pattern should resemble the letter S.

## Body position

- This will be achieved when you have the correct head position and are breathing correctly - swimming is a sport of balance.

## Kicking

- Keep the kick small with a slight bend at the knee and the toes pointed, aiming to keep the action vertical.

## Breathing

- There can be no lifting of the head at all to breathe.
- Turn your head keeping one eye in the water during the breath.
- If you can achieve the above, your body position will be great!
- Blow your air out while taking your strokes.
- Take 4 strokes between each breath.
- If you can't take 4 strokes without taking a breath, try taking a breath every 2 or 3 strokes, until you are more relaxed and can manage 4.



For further information contact Nestlé Consumer Services on:  
1800 025 361 or visit [www.nestle.com.au/nhw](http://www.nestle.com.au/nhw)