



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 and will run at OSHClub these school holidays.

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.

Incursion Format

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



Find out which day Coles Healthy Kicks will be at your school these school holidays and book now!