

Ngura Program



Matt Sonter represented Australia in Rugby Union. He helped to establish the Ngura Program on the NSW Central Coast.

By participating in the program, students gain Level 1 in Aboriginal History, Level 1 in Sport and Recreation and their Bronze medallion in life saving.

Each week, the participants learn about Aboriginal health issues, such as diabetes, cardiovascular disease, and drug and alcohol awareness, nutrition, leadership, self-image and maintaining pride in Aboriginality.

Ngura means “a place of success” in local language.

- 1** List all the health and fitness activities the students are doing in this story.

2 List some reasons for having a healthy lifestyle.

3 What are three of your most important goals?

4 Why is it important to set achievable goals for yourself?

5 What can you do to achieve your goals?
