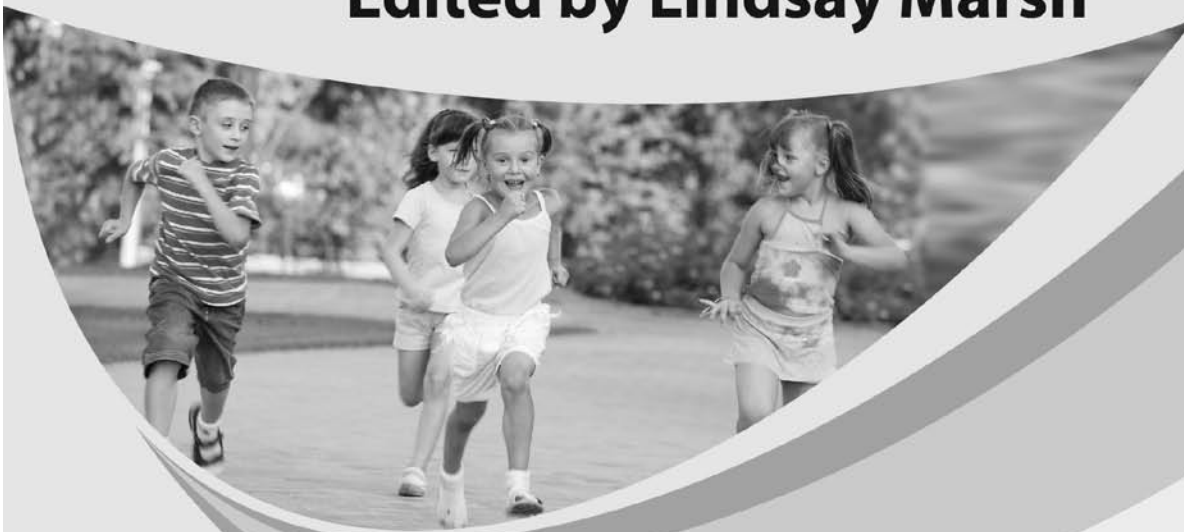


# Phys Ed

## For Foundation Level

Edited by Lindsay Marsh



**Linked to three areas of the  
Australian National Curriculum:**

- moving our body
- understanding movement
- learning through movement

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## Teachers' Notes

*Phys Ed For Foundation Level* is part of the *Australian Health And Physical Education Series* which comprises ten books in total. This book has been specifically written for Australian students as it is linked to the Australian curriculum, with each page referencing the content descriptions being assessed.

*Benefitting From Physical Activity* is the first section in this book. This section provides a worksheet which students can use to describe their feelings after participating in any physical activity from this book. This helps them to understand how the body responds to exercise. This section also suggests warm up and warm down stretches which can be done before physical activity.

*Moving Our Body* is the second section of this book. In this section, students are given the opportunity to develop their locomotor skills by participating in activities which ask them to: hop, jump, skip, run, crawl and sidestep from one point to another. Other activities allow students to demonstrate how they can control a number of objects such as: beanbags, sponge balls and soccer balls by throwing them at a target and receiving them from others. Most of the activities in this section require students to respond to commands.

The third section, entitled *Understanding Movement* focuses on the children's ability to move at different speeds and in different directions mainly to dodge a moving object or reach a destination. Students will learn to be aware of creating their own space.

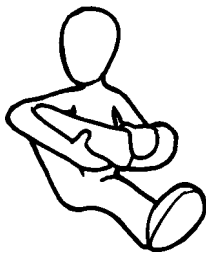
The final section in this book, *Learning Through Movement*, involves students in a number of small team games and helps them to work with others to achieve a common goal; follow rules; play fairly; and use the equipment appropriately. This section encourages students to develop a sense of teamwork and healthy competition.

*Phys Ed For Foundation Level* is a wonderful resource for those who teach this early age group. Each page clearly specifies the equipment and area needed to complete the set activity, and all of the instructions are supported with helpful diagrams. This book will be a valuable addition to any school's pool of resources.

# Physical Activity Keeps Me Healthy 1

If you stretch before you complete physical activity, it warms up your body and reduces the chance of you being injured. Stretching is also good because it keeps you flexible.

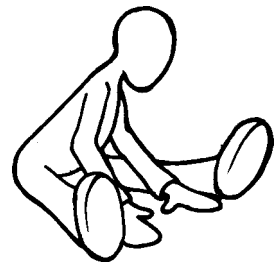
- ☐ Look at the stretches below. Do them, then colour or explain the parts of the body where you feel the stretch.



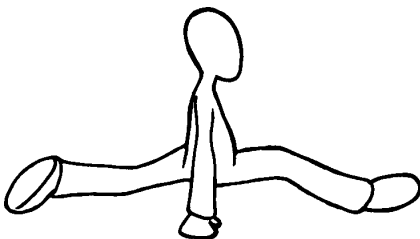
**hamstring stretch 1**



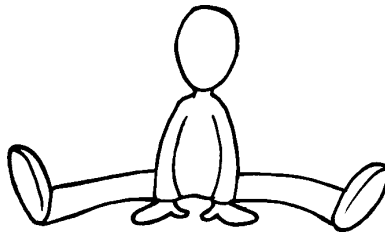
**hamstring stretch 2**



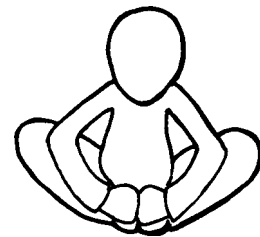
**inner thigh stretch**



**split 1**



**splits 2**



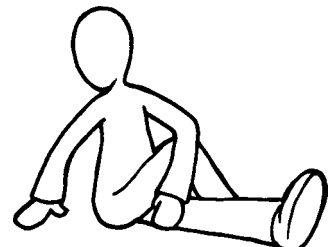
**groin stretch**



**quads stretch 1**



**quads stretch 2**



**spinal twist**

- ☐ Get into pairs. Describe some of the stretches to your partner. Without looking at the pictures, your partner must do the stretches.

# Zigzag Relay

## Equipment:

Multiples of 7 hoops.

## Area:

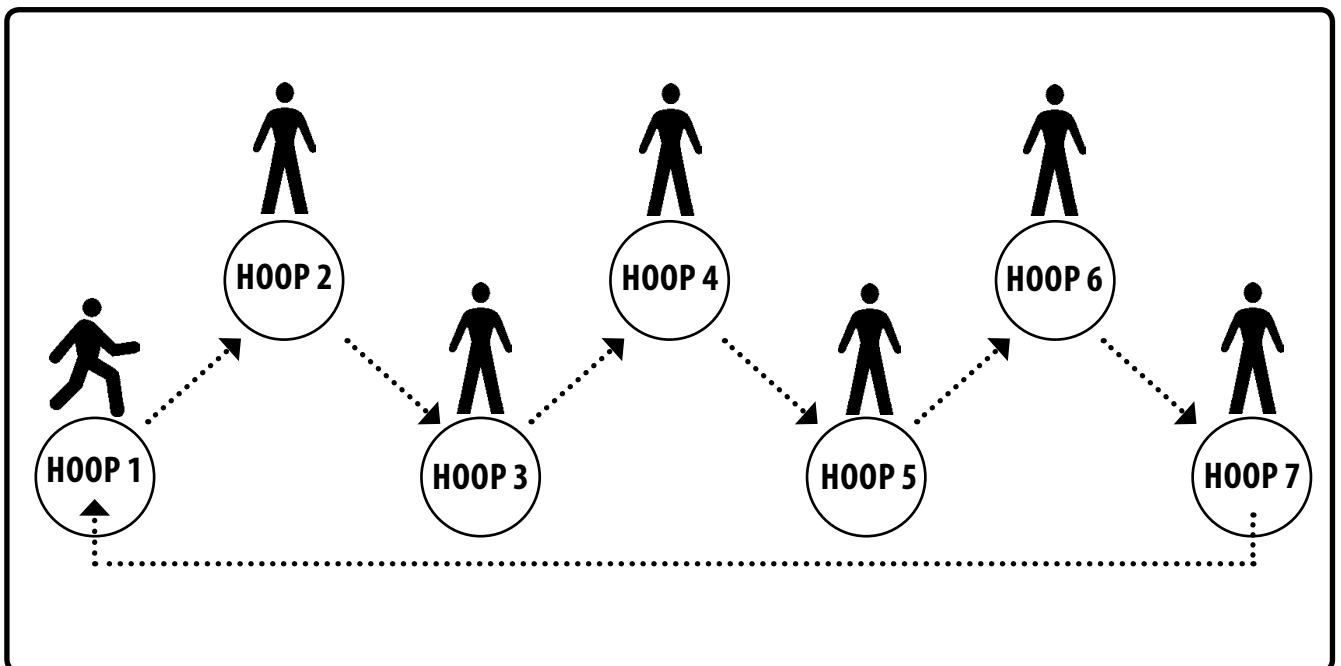
A grassed area 30 metres x 10 metres for each team.

## How To Play:

Set out the hoops in a zigzag pattern approximately 10 metres apart. Divide children into teams of 7, with each child stationed at a hoop.

On the whistle, the child stationed at the first hoop runs to the second hoop and tags the next child who then runs to the third hoop and so on, until the child at the seventh hoop runs back to the first hoop.

The relay continues until the first child to start reaches the seventh hoop and all the children are sitting down in their original spots to show that they have finished. The number of hoops can vary to suit class numbers.



# Runners And Throwers

## Equipment:

4 large sponge balls and 4 witches hats.

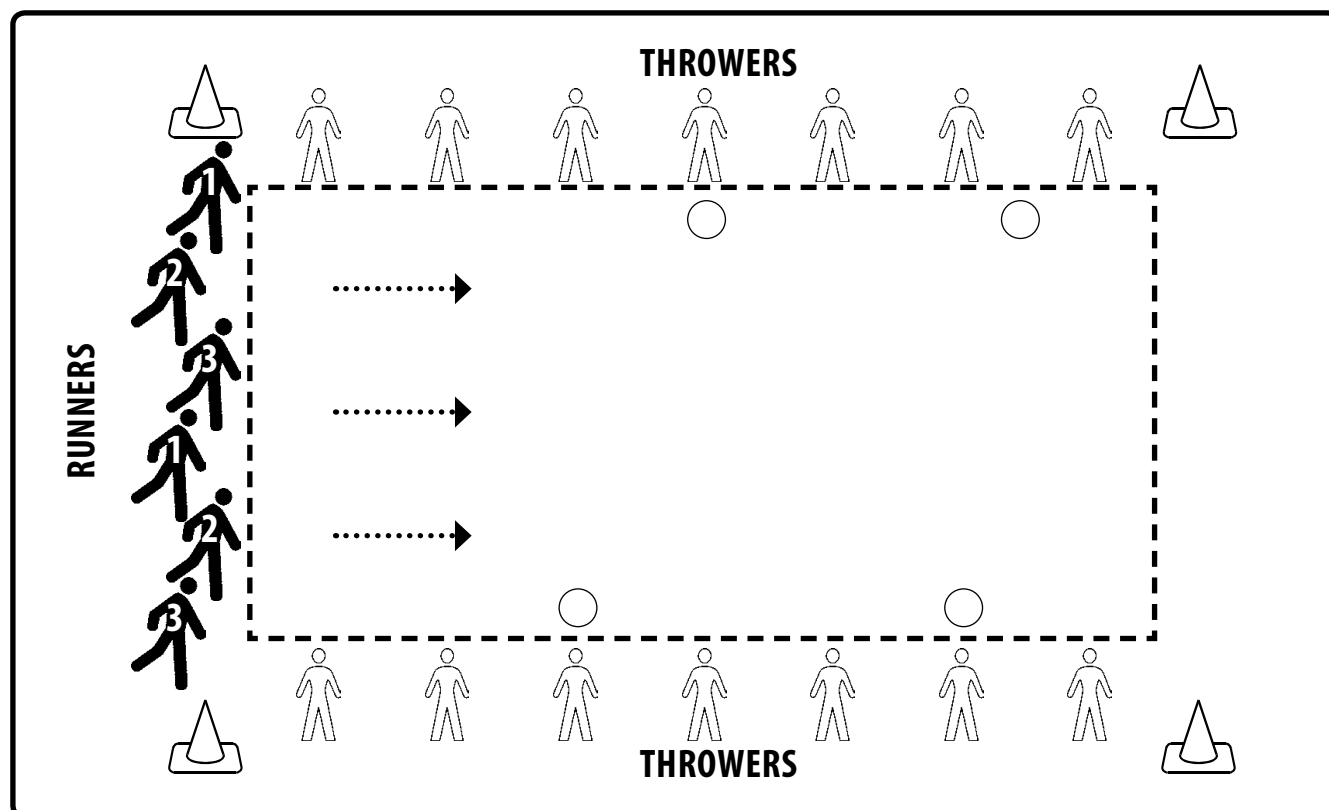
## Area:

A grassed surface 30 metres x 15 metres.

## How To Play:

Mark out a rectangle using the witches hats. Divide children into 2 groups - runners and throwers. The throwers line up on either side of the 30 metre lines, with the 4 sponge balls. The runners line up on the 15 metre line, and are each given a number - 1, 2 or 3.

The teacher calls out a number and these children must try to run to the other end of the rectangle without being hit below the waist by a ball. When children are hit, they are out. When all or most runners are out they swap and become throwers.



# Beanbag Dodge

## Equipment:

2 beanbags and 6 - 8 witches hats.

## Area:

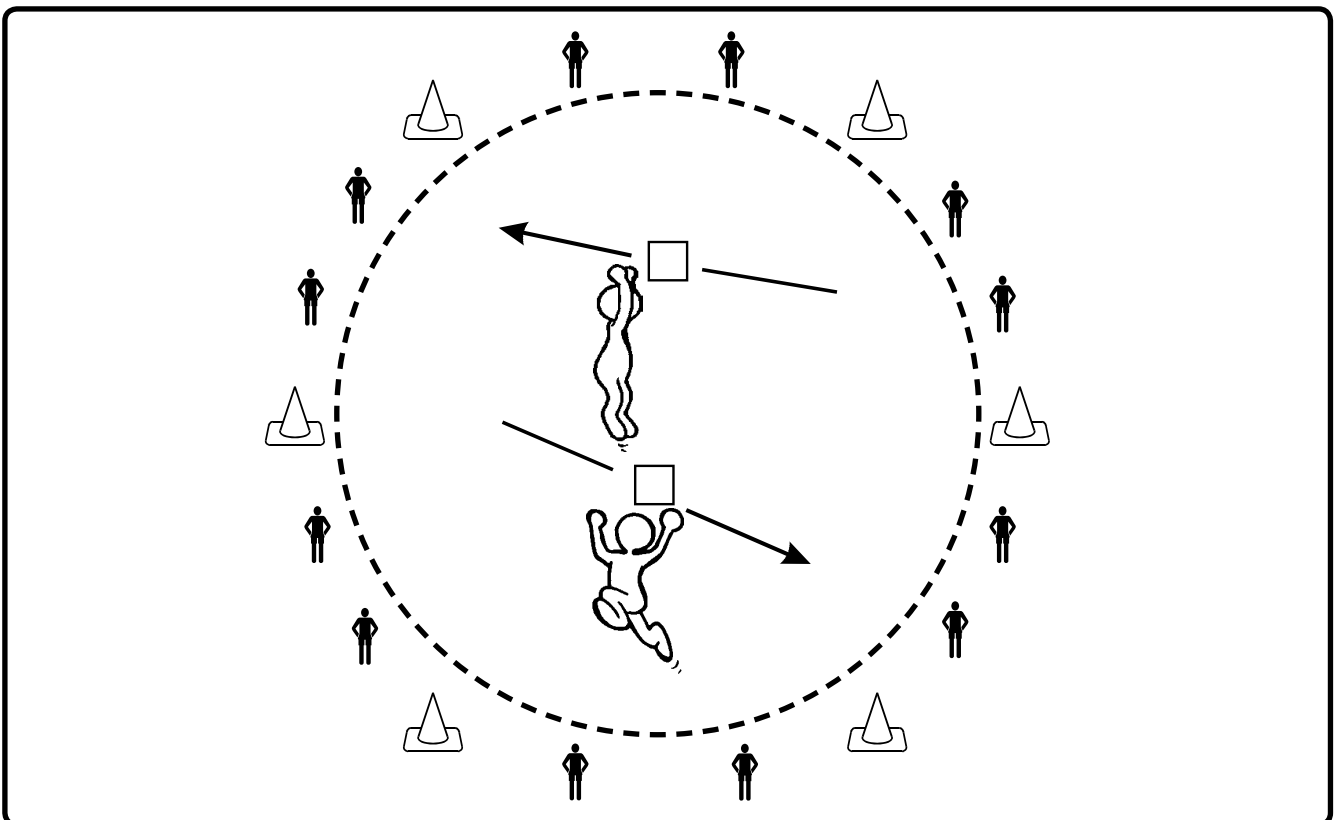
Small grassed or concreted area.

## How To Play:

Mark out a circle with a diameter of about 6-8 metres using witches hats. Choose 2 children to stand in the middle of the circle whilst the other children spread out around the circle.

The two beanbags are thrown across the circle by different children and the 2 children inside the circle must try to intercept the passes. If 1 child succeeds in doing this, he/she takes the place of the child who threw the beanbag. To keep the game moving, the children have only 2 seconds to pass the beanbag once they have caught it.

A variation is to use 3 beanbags and have 3 children in the middle.



# Round The Clock

## Equipment:

1 beanbag per 3 children, 1 hoop and 8 witches hats.

## Area:

Grassed area with a 15 metre diameter circle.

## How To Play:

Mark out a circle using witches hats. Divide children into groups of 3 and position as shown in the diagram. Each child is given a number, 1, 2 or 3, with 1 being the middle child. Beanbags are placed in a hoop in the centre of the circle.

On the whistle, 1s run, pick up a beanbag, then run through the arches formed by their teammates, then run through the arches formed by the other groups.

When 1s return to their groups, they hand the beanbags to 2s who run through the arches formed by 1s and 3s. 3s continue the pattern and on returning, 3s sit down to show that they are finished.

