

Phys Ed

For Years 3-4

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**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 Years 3-4 belongs to 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.

Moving Bodies is the first section of this book. In this section, students are given the opportunity to combine their locomotor skills with their skills in object control. Other activities allow students to demonstrate how they can use their bodies to evade moving objects by dodging and swerving. Circuits and tumbling routines are also a focus.

The second section, entitled *Understand Movement*, focuses on students' ability to move at different speeds and in different directions. It also asks them to use their bodies to show their understanding of symmetry and angles.

The third and final section in this book, *Learning About Movement*, involves students in a number of team games and helps them to work with others to: show co-operation skills; maintain possession; practise inclusivity; apply team strategies; play fairly and use equipment appropriately. This section will encourage students to develop a sense of teamwork and healthy competition while thinking about the consequences of their actions as part of a team.

Phys Ed For Years 3-4 is a wonderful resource for those who teach these year levels. Each page clearly specifies the equipment and area needed to carry out each activity, and the instructions are supported with helpful diagrams. This book will be a valuable addition to any school's pool of resources.

Wicket Ball

Equipment:

7 witches hats to stand as bases, 3 cricket wickets, 1 tennis ball.

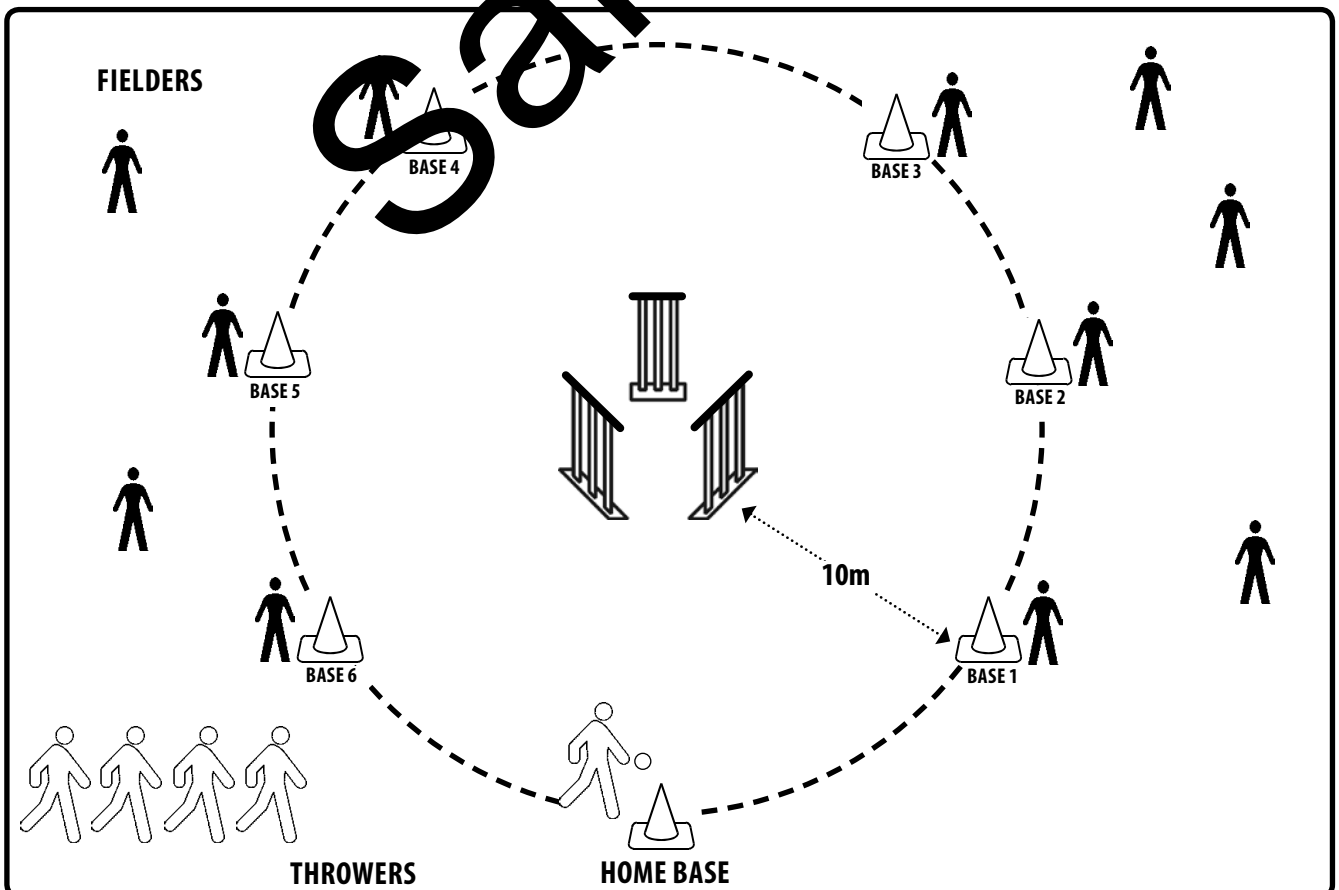
Area:

Large grassed area.

How To Play:

Set up the witches hats and wickets as shown below. Each witches hat stands as a base. One witches hat is home base. Divide the children into 2 teams - a fielding team and a throwing team. The throwing team takes turns throwing the ball from home base as far as possible. The thrower then runs and touches as many bases as he/she can in order until the fielding side gets him/her out. 1 point is scored for each base touched.

The fielding team can either catch the thrower out or hit one of the wickets in the middle of the circle. A fielder can throw from any of the bases but must have his/her foot on a base when throwing. The thrower keeps running until a wicket is hit. When all the throwers have had a turn, the teams switch.



Tag Ball

Equipment:

4 witches hats, 1 soccer ball.

Area:

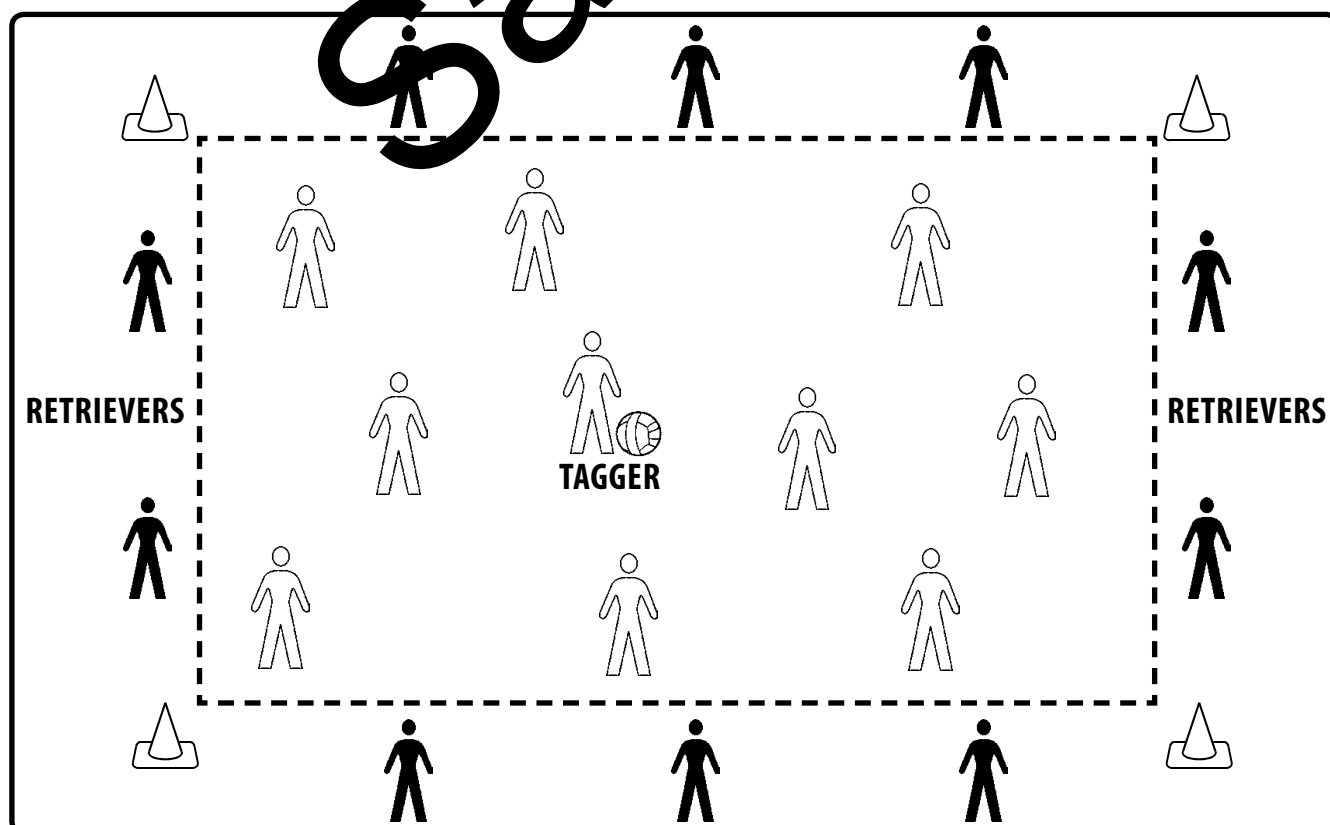
Grassed area approximately 15 metres by 10 metres.

How To Play:

Mark out a rectangle using witches hats. Divide children into 2 groups. 1 group nominates a child to be the tagger, whilst the rest are retrievers. The retrievers spread themselves around the perimeter of the rectangle. The tagger begins with the ball inside the rectangle.

The other team move freely inside the rectangle and try to avoid being tagged. The tagger tags people by kicking the ball at the other players trying to hit them below the knees.

Emphasise the need for accuracy rather than hard kicks. The tagger keeps score of how many hits he/she makes then the teams switch after three minutes. The retrievers' role is to return the ball to the tagger if it goes outside the rectangle. When a player is tagged, he/she sits out.



Shark In The Pool

Equipment:

None required.

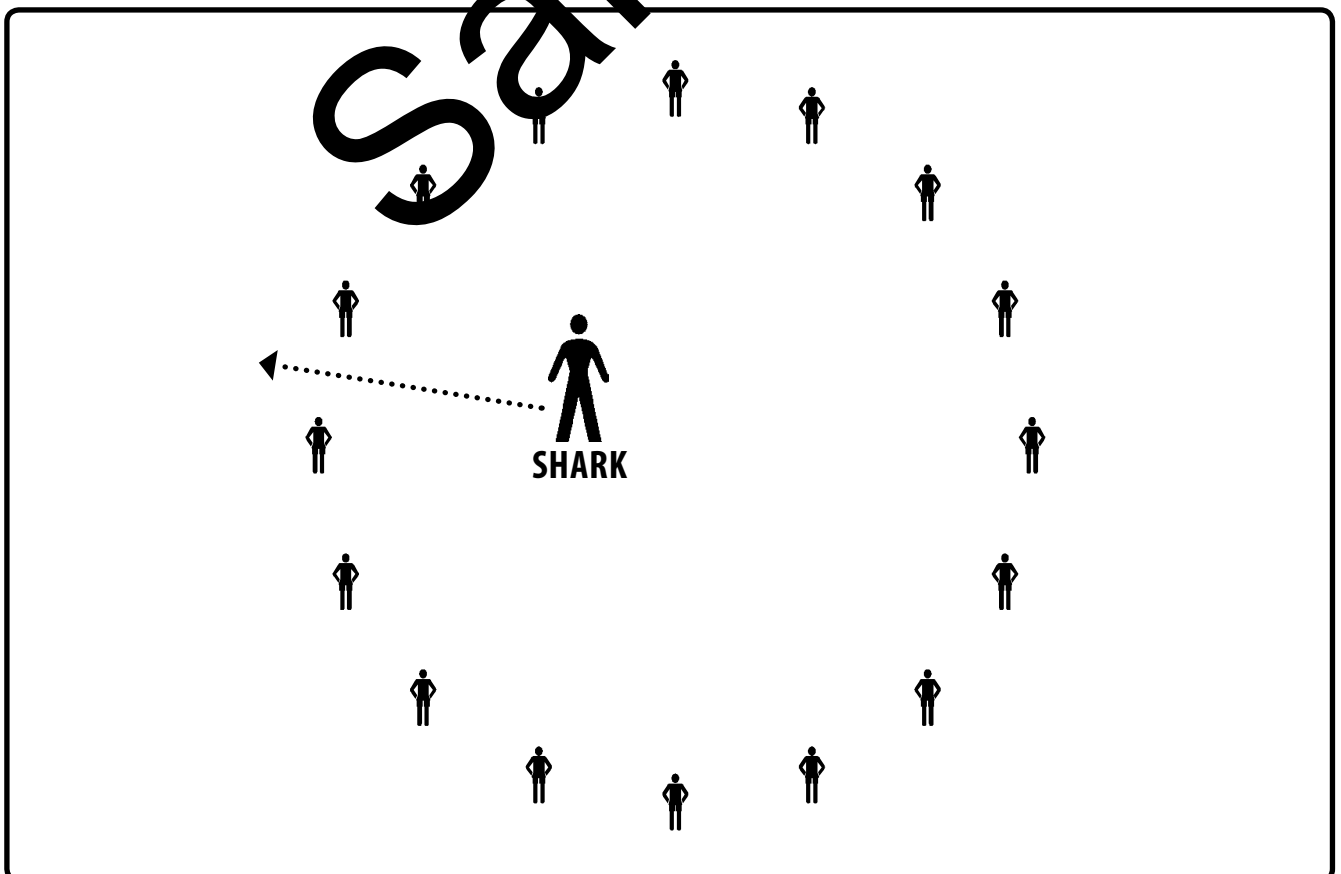
Area:

Small grassed area.

How To Play:

A child is chosen to be the shark. The other players make a pool by linking hands and forming a circle. The shark stands in the middle of the pool and tries to break out by crawling under or stepping over the children's hands/arms.

The children in the pool raise and lower their arms and move their bodies to keep the shark in the pool. When the shark breaks out, the children run away. The shark chases the children and the first child tagged becomes the new shark.



Through The Arches

Equipment:

1 bean bag per 3 children, 1 hoop, 8 witches hats.

Area:

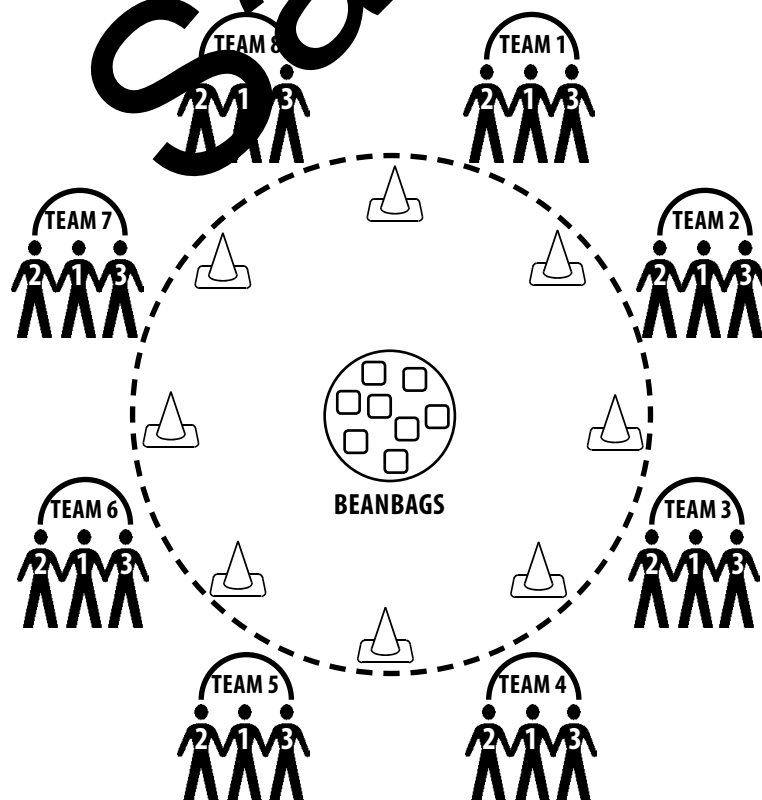
Grassed area larger than 15 metres.

How To Play:

Mark out a circle using the witches hats which has a diameter of approximately 15 metres. Divide children into groups of 3 and position as shown below. Each child is given a number 1, 2 or 3 with 1 being the middle child. Bean bags are placed in the hoop in the centre of the circle.

On 'go', Player 1s sprint to the centre and pick up 1 bean bag each, they then jog through the arches formed by Player 2s and Player 3s. They then jog around the circle through the arches formed by the other groups.

When Player 1s return, they hand the bean bags to Player 2s who repeat the pattern. Teachers are to alternate the pace at which the children travel by calling out, "walk" or "sprint" at any given time.



Slingshot Throwball

Equipment:

4 witches hats to stand as bases, 1 tennis ball, 1 football sock.

Area:

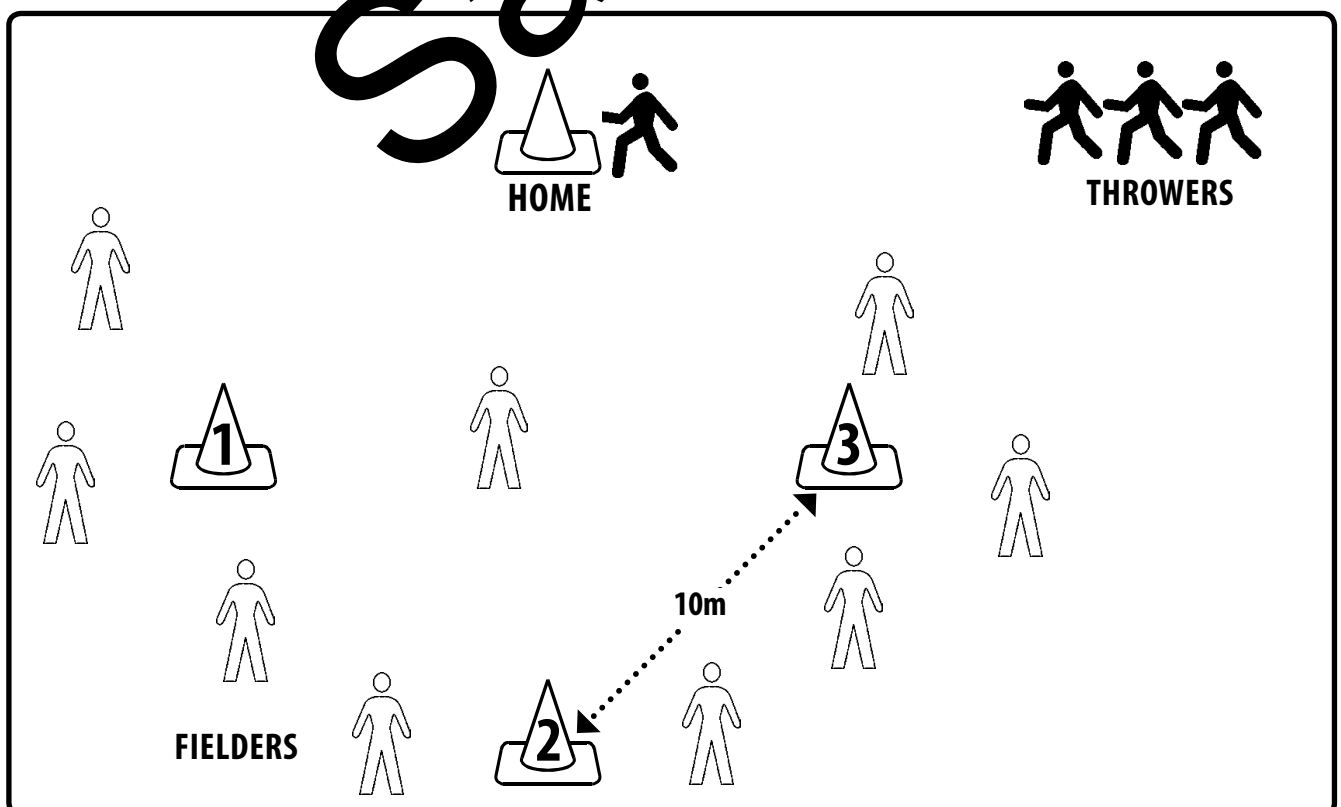
Large grassed area.

How To Play:

Divide the children into 2 teams – throwers and fielders. The fielders should spread themselves out around the field. The first thrower stands at first base and swings around the sock with the tennis ball inside and lets it go. If the fielders catch the sock before it lands, the thrower is out. Alternatively the fielders must try to hit a base before the thrower reaches it, but they must fling the sock in the same way as the thrower did.

The thrower may stop at any base to remain safe. Each completed home run equals 1 point.

It is a good idea to demonstrate good throwing technique first and allow the children to have a practice throw.



Circular Cricket

Equipment:

1 rubbish bin, 1 cricket bat, 1 tennis ball and 8 witches hats.

Area:

Grassed area.

How To Play:

Mark out a circle using witches hats which is approximately 12 - 15 metres in diameter. Divide children into 2 teams – batters and fielders. Fielders stand around the circle and take it in turns to bowl to selected batter.

The ball is bowled from any starting point. If the bin is hit the batter is out. When the ball is hit the batter runs to any point on the circle, and runs back to the bin. This counts as 1 run.

The batter retires after 10 runs if not caught out before. Each student should have a turn at batting. A match may go for 2 innings.

