

Phys Ed

For Years 5-6

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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 5 - 6 is part of the *Australian Health And Physical Education Series* which consists of ten books altogether. Linked to the Health And Physical Education Australian curriculum, this book is divided into three sections, entitled: *Get Moving*, *All About Movement* and *Let's Learn Through Movement*. These three sections address the following three areas of the Health And Physical Education curriculum:

- moving our body
- understanding movement
- learning through movement

Due to the rapid development of technology, the temptation for children to spend more time indoors being entertained by computers, video games, the television and DVDs, has seen a noticeable decline in quality time spent outdoors in the fresh air, participating in some form of physical activity.

Studies have shown that a more sedentary lifestyle can be a significant contributor to obesity in the younger generation, as well as an increase in illness and disease, and a general decline in social skills that are formed during play and team activities.

This book includes a variety of lesson ideas that aim to provide varying forms of physical activity to increase heart rate and muscle tone. The games are devised to have the participants outside as much as possible and are primarily team-based to provide opportunities for social interaction and collective decision making, as well as dependence on other members of the group.

As much as possible the games are designed to be user-friendly. They require very little preparation and no or basic equipment and aim for the total involvement of whole classes. The activities have been trialled using both single-sex and mixed-sex groups with an emphasis on fun and enjoyment.

Circle Tag

Equipment:

1 football, witches hats.

Area:

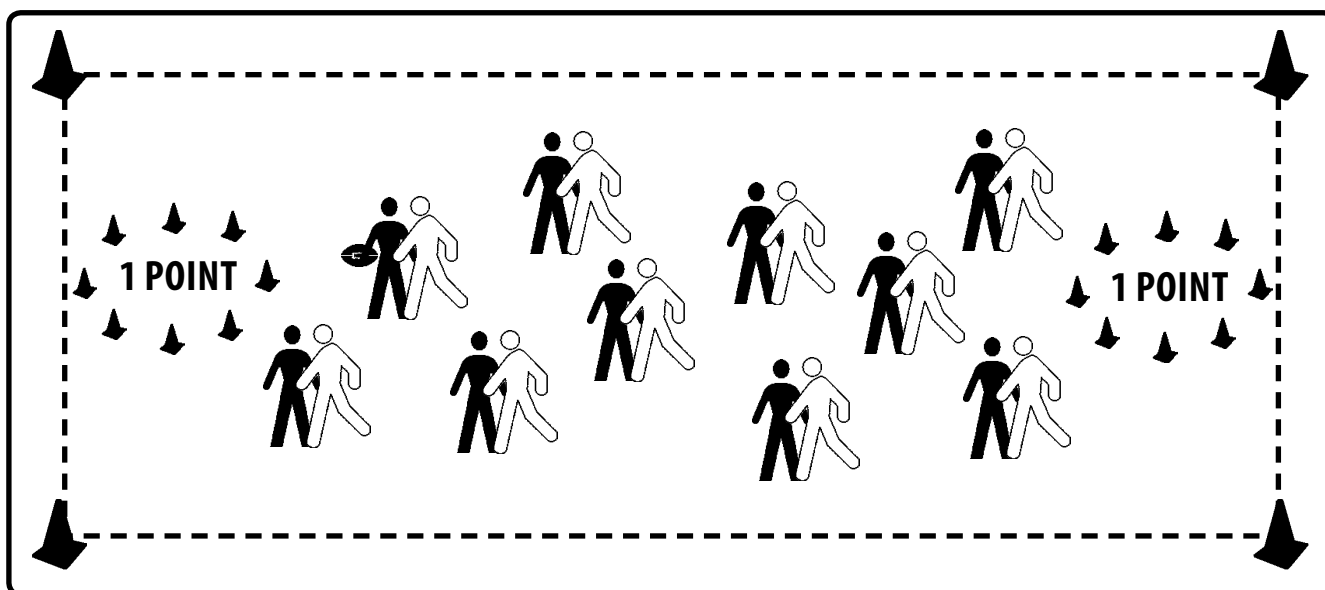
Flat, grassed area.

How To Play:

Mark out two circular goals and a rectangular playing field using witches hats. Divide the children into 2 equal teams. The greater the number of players, the bigger the playing area required. The aim of the game is for a team to carry the football into the opposition's circle without being tagged. The ball can be passed forwards or backwards and the ball carrier can run with the ball. The ball, however, cannot be passed to a team member standing inside the circle. If a runner is tagged or the ball is dropped, the opposition gains possession and the game continues.

At a changeover, the person restarting the game cannot be tagged until he/she moves or passes the ball.

1 point is scored each time a ball carrier enters the opponent's circle untouched. The game then resumes from this point with the other team starting with the ball. To avoid being tagged, players must use dodges and feints and other evasive movements.



Fitness Circuit 2

Equipment:

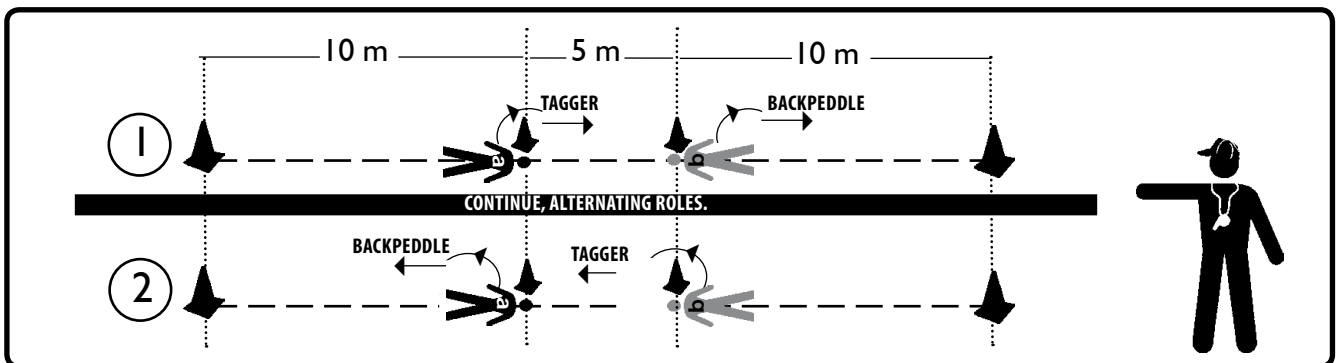
Witches hats, 1 netball per team of 3.

Area:

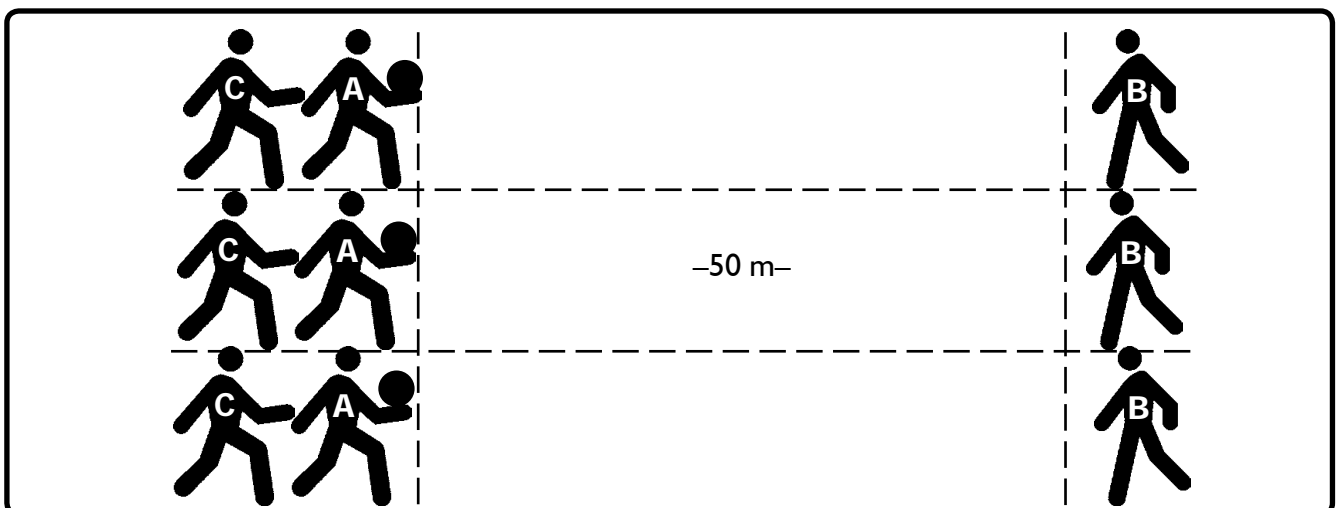
A large grassed area at least 50 metres in length.

How To Play:

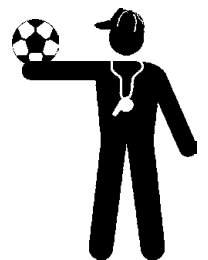
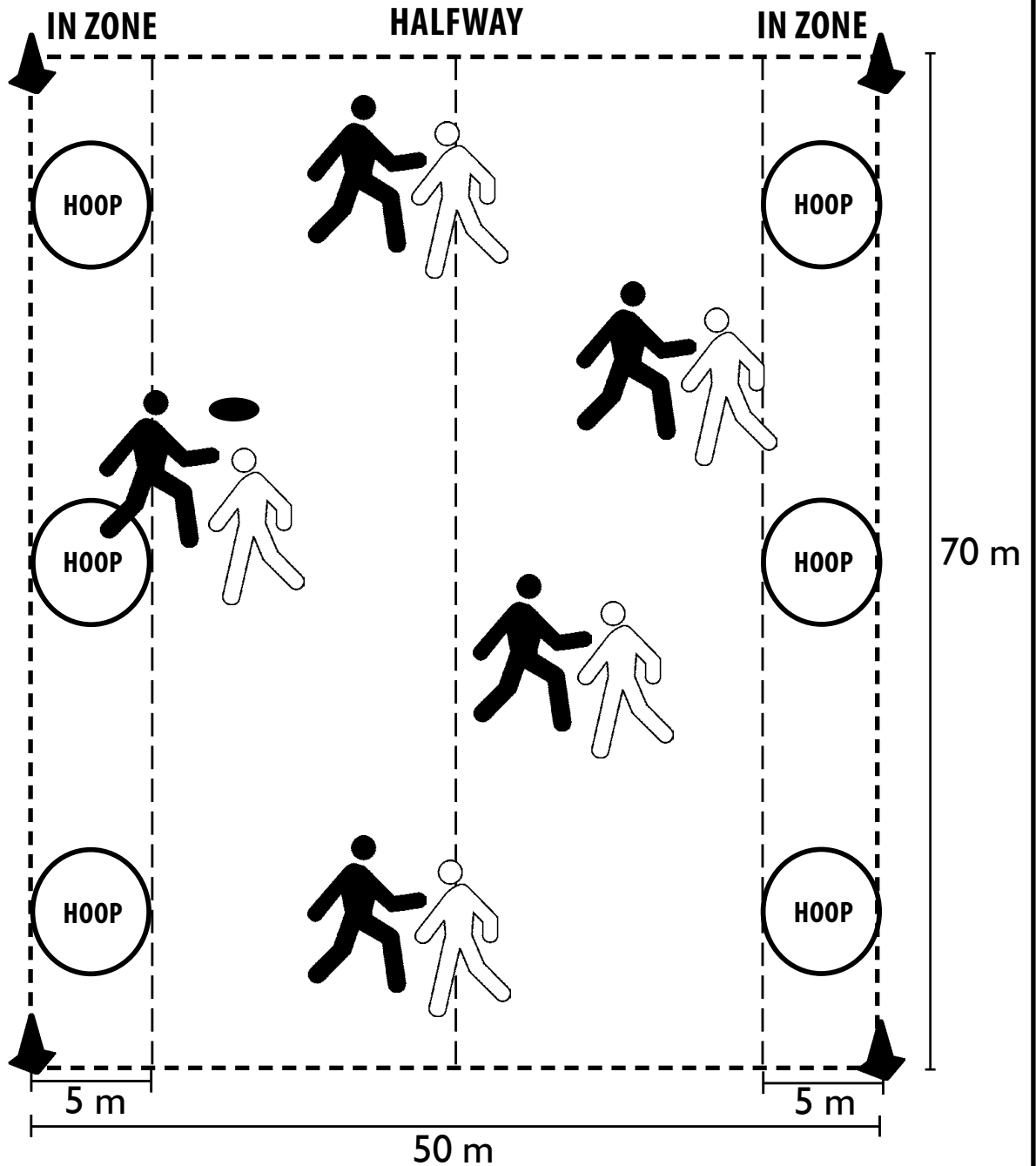
1. Divide the children into pairs. Children should lie 5 metres apart from one another on their backs with their heads facing inwards. Mark this distance using witches hats. Position 2 witches hats 10 metres behind each player. A child is nominated to be a backpeddler and the other is nominated to be a tagger. The backpeddler runs 10 metres to the witches hat before the player running forwards can tag him/her. Continue, alternating roles.



2. Divide the children into teams of 3 and position each team as shown below. Player As sprint to Player Bs, Player Bs sprint to Player Cs, and Player Cs sprint to Player As and so on. Introduce a netball per team and have students run and offload the ball as they meet.



Froccer 2



Counter-Balances 2

Equipment:

1 medium-sized ball per pair (basketball).

Area:

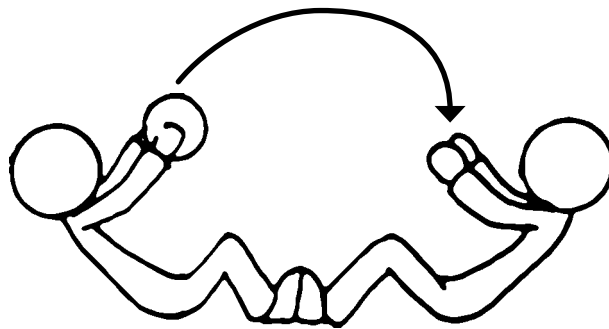
Large grassed area.

How To Play:

Pairs sit on the ground facing each other with knees bent and toes touching.

One child starts with the ball, lies back on the ground with hands behind his/her head, touches the ball on the ground then does a sit-up. On coming up he/she passes the ball to his/her partner who does the same.

Pairs should try to develop a rhythm and see how many passes they can do in a set time. For a challenge use a small medicine ball, then try with both children passing beanbags, sitting up at the same time and passing together.



Section 3:

Let's Learn Through Movement



Movement Challenge 2

Equipment:

1 large hoop per team of 6, 3 sets of coloured sashes per team.

Area:

Marked tennis or basketball court.

How To Play:

Divide students into teams of 6 and give each team a large hoop. 3 students in each team are humans and wear 1 set of coloured sashes; the other 2 are small monkeys and wear the other set of sashes. The remaining person is a big monkey and must wear a third coloured sash. Teams line up on 1 side of the court. They must pretend that the court is a river and they all need to get to the other side of the river (court) using the boat (hoop). The boat can only fit 2 people inside at any given time. Only humans and the big monkey can row the boat. At all times, the number of humans on either side of the river must be greater than or equal to the number of monkeys on that side (or else the humans will be eaten by the monkeys). Monkeys can jump out of the boat when it's banked.

N.B. Some groups might solve this challenge in different ways. A discussion and demonstration of the methods used should be conducted towards the end of the lesson.

