

TEACHING HPE AT HOME

As a follow up to last Friday's '[Special Edition: Planning at home HPE lessons](#)', the purpose of this Tip of the Week HPE (TOTW) is to reinforce the key messages in last week's tip and to share a link to additional resources available for teachers to access and use in their setting.

Following Thursday afternoon's Facebook [live session](#), we have continued to receive requests for information, guidance and advice on how to deliver HPE at home.

The next few months may provide HPE teachers a wonderful opportunity to teach students, and reinforce to parents, the many outcomes of a quality HPE program. For many teachers, engaging with students to be active each day will be a great outcome and a springboard from where you can teach the why's, how's and benefits of physical activity.

With this as a starting point, we can then lead into teaching and assessing other aspects of the Victorian Curriculum: HPE. An initial challenge we may face, particularly in settings with varying supervision and access to space and equipment, will be getting students active on a consistent basis.

As teachers of HPE, we know the benefits of regular physical activity – something students would both understand and practice as a result of involvement in a quality HPE program. We may need to reinforce this (again!) to teachers and parents. Highlight the benefits, as outlined below, to the student's health, wellbeing, ability to concentrate, anxiety levels and other factors which impact learning.

We face the same struggle many of you face in getting your colleagues to understand and reinforce the importance of daily physical activity. An optimistic outcome is where the child and parent's complete activities together and both get to enjoy, feel and understand the many benefits that result.

We see a teaching task coming 😊...

For Children and Young People (5 to 17 years), being [physically active](#) every day can have many benefits such as:

Social benefits:

- Opportunities for fun with friends and family
- Reduced anti-social behaviour, including aggressive and disruptive actions
- Helping to develop cooperation and teamwork skills

Emotional and intellectual benefits:

- Improved self-esteem and confidence
- Help with management of anxiety and stress
- Improved concentration

Health benefits:

- Promotion of healthy growth and development
- Strong muscles and bones
- Improved physical fitness, including coordination and movement skills
- Reduced risk of disease and unhealthy weight gain

Google Drive resources:

Access 'ACHPER Victoria HPE at home ideas' Google Drive [link here >>](#)

Thank you to the many teachers who have provided us with so much information for teachers to use. Depending on how the current situation evolves, we expect these resources to grow. We are counting on teachers to continue to provide resources they develop, source for themselves or modify those provided.

Initially we have divided the Resources into Primary and Secondary, although there will be some overlap depending on the skills and knowledge of your students. Within each of these folders we have further divided ideas into different content sub-folders. At this point you will note there is considerably more information available for primary school teachers.

Any additional resources for uploading should be sent to bernie.holland@achper.vic.edu.au. Please note that while we have tried to vet all of the resources, you should be able to modify many of them to suit the needs of your students. Please contact Bernie by email or on 0411 268 902 if you have any questions about the resources.

We'd like to highlight a simple planning matrix example of how one teacher will be sharing information with students and parents. Thanks to Scott Zachariassen for sharing his "Physical Education Work-From-Home Matrix" below, also available in the 'Primary' --> 'Admin and Assessment' folders via the Google Drive link provided above. We encourage anyone who uses this matrix or a similar format to please send Bernie a copy for wider sharing with the HPE teaching community.

Physical Education Work-From-Home-Matrix

The format below is easily adaptable and could be changed week to week. If you adjust this and add your own activities, please share them with Bernie so we can share with others.

Foundation	<p>Throwing and catching skills:</p> <ul style="list-style-type: none"> Throwing and catching a tennis ball with yourself or a partner Challenge yourself by counting how many you can do in a row Clap your hands in between each throw before you catch the ball How many claps can you do and still catch the ball 	<p>Animal walk:</p> <p>Pick an animal and copy how this animal would move (hopping, crawling, jumping, running etc.)</p>	<p>Kicking:</p> <p>Use a soccer ball to kick either against a wall or to a family member who can pass the ball back to you.</p>	<p>Balloon fun:</p> <p>Blow a balloon up and use your hands, feet or head to stop the balloon from hitting the ground.</p>
Levels 1 and 2	<p>Basketball dribbling:</p> <ul style="list-style-type: none"> Bouncing continuously on your dominant hand for 2 minutes Same for your non dominant hand Try walking or jogging while bouncing Can you bounce the ball between your legs 	<p>Throwing and catching skills:</p> <ul style="list-style-type: none"> Complete the same as Foundation, Activity 1 Try throwing under arm against a brick wall and catch How many can you do in a row? 	<p>Obstacle course:</p> <p>Create an obstacle course inside or outside. Remember to ask what you are allowed to use first and pack everything away!</p>	<p>Bike ride:</p> <p>Go for a bike ride with a member of your family.</p>
Levels 3 and 4	<p>Basketball skills:</p> <ul style="list-style-type: none"> Complete the activities set above Level 1 and 2 Practice basketball shooting (if a ring is available) Pick spots around the ring to shoot from and try and improve each time 	<p>Fitness stations:</p> <p>1 minute rest between each activity:</p> <ul style="list-style-type: none"> 1 minute of star jumps 1 minute of sit ups 1 minute of squats 1 minute of sprints 1 min of step ups 	<p>Kicking:</p> <ul style="list-style-type: none"> Use a soccer ball or AFL football to practise your kicking skills You could practise passing with someone in your family if possible or go to a local park / oval and use the goals You might be able to set up some goals in your backyard also 	<p>Bike ride:</p> <p>Go for a bike ride with a member of your family.</p>
Levels 5 and 6	<p>Tennis racquet skills:</p> <ul style="list-style-type: none"> How many times can you bounce the ball on the racquet face in a row? Bounce ball on the ground using the racquet for 30 seconds without stopping How many consecutive shots can you rally against a wall for? 	<p>Kicking:</p> <ul style="list-style-type: none"> Use a soccer ball or AFL football to practise your kicking skills. You could practise passing with someone in your family if possible or go to a local park / oval and use the goals You might be able to set up some goals in your backyard also 	<p>Fitness stations:</p> <p>1 minute rest between each activity:</p> <ul style="list-style-type: none"> 1 minute of star jumps 1 minute of sit ups 1 minute of squats 1 minute of sprints 1 min of step ups 	<p>Sports report:</p> <p>Watch some sport on TV or online (if any happening) and write a brief summary about the game, who was playing, the score, something they observed about the tactics used by one of the teams.</p>

Questions or comments?

Depending on how the next period of time unfolds we look forward to working with and supporting you as best we can. If you have any questions or comments relating to this TOTW, a topic you'd like to learn more about or would like to contribute to a future issue, please contact our Professional Learning Manager, Bernie Holland via [email](#) or phone (03) 9274 8906.

Click [here](#) to access all TOTWs released to date. Feel free to share our tips with your HPE colleagues on [Facebook](#) and [Twitter](#) be sure to include the #TipOfTheWeekHPE hashtag!