

RETURNING TO SCHOOL

The purpose of this week's Tip of the Week HPE (TOTW) is to consider what moving back to school may look like for us and our students. It is important we are clear in how we will structure our classes, confident in what we will teach and create a positive pocket in their day and week. With several uncertainties still existing for students and staff, the structure and normality of school may help to reduce some of the anxiety being experienced by many.

Some considerations for your planning and return of students to the school environment below:

- What have you learned about your students you can use in your planning?
 - How might you encourage quieter students who were able to engage more in the online space to continue this when they return to the classroom?
 - Can you continue to use online platforms in your program? For example, you may be able to facilitate further learning to continue sharing messages with families to reinforce what is covered in HPE or set 'flipped learning' activities to give you more activity time in class.
- How will you use those unearthed ICT skills to improve your teaching, assessment and communication with parents?
- How will you reinforce what you taught over the last few weeks when you return? Consider revisiting content covered or assess their learning. For example, If this was the first time you had your student access the Physical Activity Guidelines, make sure it isn't the last time students hear about them!
- Routines – do you need to change them? If you do, be clear on them from your first session with your classes.

Ideas for practical PE lessons

Shared over the next pages, are some ideas which may assist in your planning. These have been drawn from ACHPER Victoria [resources](#), and from teachers who participated in our ACHPER Member 'Lunchtime Virtual Staffroom' event last Thursday.

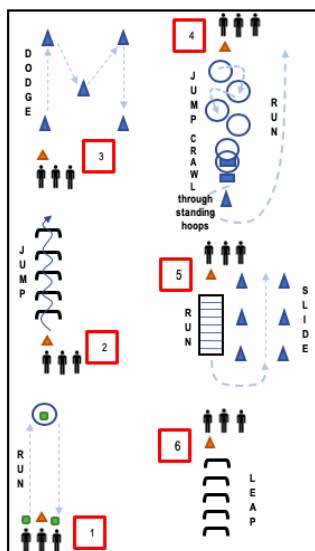
1) Planning your activity space: Most schools have either an indoor or outdoor netball court or an equivalent size area. Using the lines of the netball court run some cones or drop lines down the middle of the court and you instantly have 6 stations or activity areas.

Highlighted in the diagram on next page is how this space could be organised for a Locomotor Tabloid. Stations or activity areas can be used for all year levels – here are some ideas using minimal equipment:

- a) Change the locomotor skills used in each area or have students design their own locomotor sequences.
- b) Practice some object control skills with options at each station so students can select an appropriate challenge
- c) Have 4 - 6 different Net / Wall Stations e.g.: Down Ball, Roundnet, Wall Ball, Throw Tennis. See [TOTW 12](#) for additional Net / Wall ideas. Use low pressure or foam tennis balls which don't travel as far.
- d) For secondary school students set up a fitness circuit using bodyweight / HIIT style activities.

Ideas for practical PE lessons (continued)

Equipment: cones / witches hats, 7x hoops, 2x hoop stands, 3x bean bags, 10x mini hurdles, 1x agility ladder.



Safety: Adequately space activity areas. Wait your turn at stations & remind students not to push past others.

Activity: FMS Tabloid

Station #1: (Run)

Bean Bag Shuttle

Team members take turns running 3 items (one at a time) up or back, to/from a hoop placed at a set distance. Students can count laps and not use bean bags if needed.
(1 Point per item)

Station #2: (Vertical Jump)

Kangaroo Relay

Team Members take turns to jump over each of 5 x hurdles going up & back. Remind students to jump from and land with two feet.
1 Point per hurdle (i.e. 10 pts per completed turn)

Station #3: (Dodge)

Big M

Team members take turns to run through the obstacle course to tag the next runner in turn.
1 Point per completed turn

Station #4: (Vertical Jump)

Lily Pads

Team members take turns to jump onto 'lily pads' (poly dots/hoops) and clap each time they land, crawl through standing hoops and run back to starting line, high 5 next group member and join back of line.
1 Point per completed turn

Station #5: (Run)

Ladder Lines

Team members take turns to run up the ladder, stepping in each rung/step and then slide back between cones to their waiting team.
1 Point for completed turn

Station #6: (Leap)

Hurdle Relay

Team Members take turns to run & jump over each of 5 x hurdles going up and back.
1 Point per hurdle (i.e. 10 Points per completed turn)

Modification - Vary locomotion at stations using equipment available and suitable to skill level.

Progression - Appoint student leaders in each group to tally and record group achievement at each station on tabloid card.

Click [here](#) or on diagram to enlarge >>

2) Dance and rhythm activities: have your students to come up with a short routine of 32 counts (e.g.: Bollywood, hip hop, gymnastics) to music to share. You could add a ball and get students to perform their routine with a ball and request a certain number of tricks be included in the sequence (e.g.: basketball skills).

3) Skipping: provide students with skills and tricks to practice (get some ideas from [RHSports](#) and [Heart Foundation](#) resources) and see if they can build a skipping routine which incorporates some of these challenges. Skipping is also a fantastic activity to connect to fitness and reinforce some of the learnings made over the remote learning period.

4) Orienteering: great to get students outdoors and familiar with their school grounds. Provide students with verbal directions and items to find around the school. You could ask students to time their course or perform different locomotion patterns in various points.

5) Fitness circuits: around your gym or school grounds – you might want to combine this with orienteering and set up physical activity challenges to create a mini 'Tough Mudder' event. Incorporate some of the challenges and activities taught over the remote learning event and encourage students to work in teams to support each other and complete the course together.

Relevant TOTWs with activity ideas suited to returning to school

- **TOTW 57 – Instant activities:** effective lesson starters and fitness circuit (change the tasks to suit).
- **TOTW 36 – Target Games ideas:** set up some of these activity ideas in the zones you create. These can be adjusted up or down to suit your students.
- **TOTW 67 – Creative PE:** a great time to introduce this model if you haven't used it before. Focus on students collaborating to develop a game and their cooperative skills. You can set the parameters to reduce contact, spacing of students and equipment used.

For a bit of humour and to show how effective one primary PE teacher was in teaching her students about fitness concepts, we are sharing an excerpt the email she sent us this week:

"I set kids up with my version of UNO fitness and then asked the Grade 3/4 students to reflect on 'what is fitness?' My favourite response today was: "...fitness is all about keeping healthy, like you don't have to do sports sports, you can do something like yoga. I watched something with someone doing yoga and they had a four pack."

Well... yes, strength is a part of fitness."

Advice from the Department of Education and Training (DET)

"The nature of our subject area has prompted teacher to contact us with questions about teaching Physical Education in the current environment. To ensure consistency in response to any questions you may have the advice we have received is that principals and school staff need to follow the information provided on the DET's coronavirus [advice page](#) or call the coronavirus (COVID-19) phone line (1800 338 663)."

Questions or comments?

If you need further support during this time, 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 tip - please feel free to email or phone (03) 9274 8906 a member of our Professional Learning Team, Bernie Holland bernie.holland@achper.vic.edu.au, Dr Trent Brown trent.brown@achper.vic.edu.au or Adriana Pinder adriana.pinder@achper.vic.edu.au.

Find all TOTWs in the series released to date [here](#) and to access all ACHPER Victoria's HPE at Home Resources please [click here >>](#)