

ENERGISING YOUR CLASS SPORT/PE LESSON

Involvement in physical activity and sport provides many benefits to students including the development of skills, understanding how to play sport, improved physical fitness, being part of a team, friendships, teamwork and motivation to be active.

The Victorian Government's Physical and Sport Education Policy mandates that all students in Victorian government primary schools are to participate in the following amount of physical and sport education: Prep – Year 3: 20-30 minutes of PE a day and Year 4 -6: 3 hours per week of physical education and sport, with a minimum of 50% of that time for physical education.

As a classroom teacher, your support to promote children's enjoyment of physical activity and sport through your class sport/PE lessons and by encouraging your students to be involved in sport and physical activity at school is very important.



SUGGESTIONS

- Speak to your PE Specialist and ask what skills and games students are learning in their PE lessons for the term and incorporate the PE program into your class sport/PE lesson.
- Prepare activities that have maximum participation and are inclusive for all eg Play 4 v 4 games of modified cricket rather than dividing the class into 2 teams of 12.
- Ask if your Physical Education specialist can organise a sport clinic for your class sport/PE lesson, relevant to the activity you are teaching. For example, you may organise a cricket clinic to prepare your class for the Inter-School T20 Cricket competition.
- Have your equipment organised so you can get started as soon as you take the class outside or to the gym.
- Organise round robin/sport tabloid afternoons with other classes at your school during your class sport/PE lesson.
- Have senior students organise games, circuit activities or a tabloid sports afternoon for the junior school during their class sport/PE lessons.

ONLINE RESOURCES

- Fundamental Movement Skills – A Manual for Classroom Teachers
<https://www.eduweb.vic.gov.au/edulibrary/public/teachlearn/student/fmsteachermanual09.pdf>
- A physical activity resource for Classroom Teachers (great games to play with children)
<https://www.eduweb.vic.gov.au/edulibrary/public/teachlearn/student/fmsactresource09.pdf>
- Cricket Skills Program resources (F-2 and 3-6) – games for striking, throwing and catching.
<https://community.cricket.com.au/schools/in2cricket-skills-program/resources>
- ACHPER NSW – Games with minimal equipment resource
<https://www.achpernsw.com.au/teaching-and-learning/k-6/>
- Active April school resource – games and activities to play with your class.
<https://www.activeapril.vic.gov.au/wp/wp-content/uploads/2014/01/School-Resource.pdf>

INCREASING PHYSICAL ACTIVITY WITH YOUR CLASS

Children need to learn to be active throughout the day. Being physically active has many benefits including healthier heart and lungs, stronger bones and muscles, improved self-esteem and reduced stress, improved concentration, enhanced memory and mental awareness and enhanced social skills such as cooperation and teamwork.

The Australian Physical Activity and Sedentary Behaviour Guidelines state children between the ages of 5-12 should participate in at least 60 minutes of moderate to vigorous physical activity every day and have no more than 2 hours a day of electronic media for entertainment. To achieve additional health benefits, children should engage in more activity, up to several hours a day.

There are many ways you can encourage the children in your class to be more physically active and less sedentary each day at school by introducing a range of strategies, fun games and activities into your day. A Deakin University IPAN study called 'Transform Us', showed by making simple changes in the structure and behaviours in the classroom each day in 20 primary schools, children increased their physical activity at recess and lunch time by 33 minutes per week and significantly reduced their sitting time by 196 minutes per week. (Source: <http://www.deakin.edu.au/ipan/our-research/other-projects>)



ACTIVITY SUGGESTIONS

- Speak to your class' Physical Education specialist and find out what skills and games students are learning and play some of these games to improve their skills.
- Have 'physical activity brain breaks' or energisers with your class throughout the day, particularly during lesson transitions.
 1. Teach your class the Macarena dance to music.
 2. Play 5-4-3-2-1 activity where students perform basic activities such as 5 hops, 4 high jumps, balance on one foot for 3 seconds, 2 star jumps and 1 high five to a classmate.
 3. Play subject related energisers such as Maths Six Spots (probability). Set up 6 numbered spots in the classroom. Ask children to hop to a spot then roll a dice. If a 6 is rolled, all children at spot 6 go to the centre of the room and perform each new activity stationary. All children still at a spot, 'jump' to a new spot (centre children jump on spot). Roll the dice again and the game continues until there are only a few students left in..
- Take your class outside for a 5 minute morning run/dance/aerobics session (etc) before you start the day.
- Enjoy a 10 minute game with your class at the end of a day. This could be a reward for their hard work!
- Question your class before and after recess and lunch about the games and activities they are playing and suggest ways they could be more physically active during recess and lunch.
- Have a class sport equipment tub so the children have age appropriate equipment they can use at recess and lunch eg balls, skipping ropes, beanbags, hoops etc

ONLINE ACTIVITIES AND RESOURCES

- The Australian Physical Activity and Sedentary Behaviour Guidelines (5-12 years)
<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-phys-act-guidelines#apa512>
- A physical activity resource for Classroom Teachers – games to play with your class
<https://www.eduweb.vic.gov.au/edulibrary/public/teachlearn/student/fmsactresource09.pdf>
- Active April school resource – games and activities to play with your class.
<https://www.activeapril.vic.gov.au/wp/wp-content/uploads/2014/01/School-Resource.pdf>
- In-school Activity Breaks
https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_455767.pdf
- Physical Activity Brain Breaks in the classroom
<http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>