



SAMPLE CLASSROOM ENERGISERS



Below is a list of sample classroom energisers you can use as quick breaks to keep your class active.

Animal Pretend (F-2)

- Pretend to be various animals or objects (plane, lawn mower etc).

Grab your skipping rope (F-Yr 2)

- Under your chair you have your very own skipping rope. When I ask you to take it out, stand up, collect it from under your chair. Hold on to the handles, have the rope behind your heels and start jumping. Don't forget to turn your rope.
- Perform 10 forwards jumps
- Perform 10 backwards jumps
- Skip forwards as fast as you can for 15 jumps then squat down.
- Try skipping side to side (ski jump), forwards then backwards (Bell), stride jump (scissors) etc.
- Make up jumps.
- Jump, swing rope to one side, jump, swing rope to other side.

Variation:

- Maths – forwards and backwards counting. One person counts while the other jumps (forwards and backwards) Counting in 2's with each jump etc.

Freeze Dance (F-4)

- Put some music on, when it stops students must freeze until the music starts again.
- As above but must freeze balancing on one leg.

Jump Skip Counting (F-6)

- Count by 2's, 5's, 10's etc while jumping, star jumping or hopping with each count.
- You could practice spelling words this way.

Keep it up (F-6)

- Students keep a balloon up in the air, stopping it from hitting the ground. Can include 3 or 4 balloons.

Plates or Bean Bags (Yr 2-6)

- Give each student a paper plate or a bean bag. Students walk around the room balancing the plate/bean bag on their head.
- If a student drops his/her plate or bean bag, they must freeze until another student places it back on their head while trying to keep their plate or bean bag on their head!

Sport Clumps (Yr 2-6)

- Move like you are a swimmer, when I call 3, move into groups of 3 and freeze in a swimming pose.
- Move like you are an AFL footballer, call pairs and freeze in an AFL footballer pose.
- Move like a dancer and freeze in a dancer pose.

Balance Clumps (Yr 2-6)

- Skip freely when teacher calls number 3, move into a 3's and form a group balance on 2 feet.
- Crab walk, call pairs and form a partner pose on one foot.
- Jump freely, call 4 and form groups of 4, forming a group balance on your bottoms and 2 hands.

Variation:

- Clumps can be varied as much as you like.

5-4-3-2-1 (Yr 2-6)

- Students stand up and the teacher has them doing 5 jumps, 4 spins, hop on one foot 3 times, 2 star jumps and give another child a high 5.

Active Big Write (Yr 2-6)

- Choose a topic for students to write on, e.g. Persuasive Piece: More children should walk to school
- Form groups of 3 and number one to three.
- Person one talks about the topic, while the rest of the group jogs on the spot while listening.
- Person 2 talks about the topic while the rest of the group do star jumps.
- Finally, person 3 talks about the topic while the rest of the group perform leg curls, alternating legs.

6 Spots Dice Game – Maths probability (Yr 2-6)

Equipment: Set up cards with numbers 1-6 around the room. Large foam dice.

- Call the movement (skipping), children skip to a number, then skip on the spot. Teacher rolls the dice. If you are at the spot corresponding to the dice, skip to the centre of the room and continue the exercise on the spot.
- Change the movement to star jumps, children still in the game, move to a number, performing star jumps. Choose a student in the middle of the room to roll the dice and call out the number. All students at that number star jump to the middle of the room.
- Continue the game, changing the way the children move - hopping, jumping, side step, can can, cross over step etc. Once out of the game, children continue the movement stationary.

Odds and Evens – Maths probability (Yr 2-6)

- Students form pairs and line up in the middle of the room facing their partner. Each pair has a coin. Choose a heads and tails side of the room.
- Each pair nominates a flipper and mover. Flipper calls the movement (jog, hop, jump etc), mover hops to the heads or tails side of the room, flipper flips the coin, mover scores 1 point if they guess correctly. Return to centre and change over. First to 10 points.
- Discuss chance.

Rock/Paper/Scissors (Yr 3-6)

Equipment: 3 strips of masking tape across the classroom floor and a basket of pegs.

- All students begin with a partner on line 1 and face each other, holding their fists. They say rock/paper/scissors. On scissors, they form the shape of either – rock (tuck on the floor like a rock), scissors (stride step and scissor arms), paper (star shape like a flat piece of paper).
- Winner of the game hops to line 2 to find a new partner and the other person remains on line 1 and finds a new partner.
- When a student wins on line 2, they are to jump to line 3. When they win on line 3, they are to crab walk to back to the start line, collect a peg and put on the bottom of their top and continue.
- After 2-3 minutes, stop the game and see who has the most pegs.

Variation:

- This can also be played on tennis courts as a running game, great warm up and fitness activity. Activities can be changed to suit your needs.

Human Knot (Yr 5-6)

- Divide students into groups of 8.
- Have students grab right hands with someone not directly next to them.
- Then do the same with their left hands.
- The challenge is to untangle and become a circle without releasing hands.

TIPS FOR TEACHING CLASS PE/SPORT

Safety first

- Ensure all activities you do with the children are free from any dangers and use safety equipment where appropriate eg clearly define and enforce boundaries when playing tag games and always set up boundaries lines away from any dangers, e.g. poles, seats etc.

Have fun and play lots of games!

- Your sport lessons should be all game play and fun! Join in with the kids, they love it!

Maximum Participation

- Everything you plan, try to ensure children spend most of the time active. Sitting and waiting for a turn for too long is not fun and they are not spending the time active and practising the skills.

Sportsmanship

- Insist on ALL children showing good sportsmanship skills.
- Teach them to be fair and to follow rules.
- Teach them to be good winners and losers.
- Teach them to encourage each other – and NEVER put others down.
- Shake hands with the opposition at the end of a game or lesson.



Stop, Look, Listen

- In PE, when I blow my whistle, students are used to **stop, look, listen**.
- They must stop what they are doing, look at me and listen to the next instructions.
- I don't make them come in if I just want to say something quickly.
- If they don't do it well, I also get them to sit down.
- If it is an activity transition I'll ask them to come in and closely while I explain the next activity.
- When speaking to the children, ensure you position yourself so they are not looking into the sun.

Positive reinforcement and feedback

- Give the children a lot of positive reinforcement and feedback, particularly those who find PE and Sport more challenging. You want every child to finish the class feeling wonderful