



## Welcome to the Moving Bodies Athletics Program!

This resource pack is for you and your students to utilise throughout the term and can be included in your programming.

### Program Outline

The program outline lists the activities that your students will cover during the term.

### Outcomes & Indicators

In order to provide higher quality instructions to your students, Moving Bodies has aligned all programs to the PD/H/PE Syllabus. **Please take a copy of the relevant Outcomes & Indicators for your records.** Our Athletics, Ball Sports, Gross Motor & Swimming Programs cover the relevant outcomes from the Games & Sport Content Strand along with Fundamental Movement Skills from the 'Get Skilled, Get Active' resource.

### Record Sheet

The Instructor will update a record sheet each week with the activities your students attempted. You will be given this at the end of the term for your records. The copy of the record sheet in the pack is for you to give to the Students so they can mark off all activities attempted during the term. They can use the updated record sheet completed by Moving Bodies as a reference.

### Assessing Students

In order to assist you with reports, for all programs that are 8 weeks or more in duration, the Moving Bodies Instructors will assess each child in your class. Students will obtain a **'Working Towards' (E)**, **'Skill Achieved' (C-D)** or **'Working Beyond' (A-B)** grade in each area of the assessment. Each child will receive a certificate outlining their achievements at the conclusion of the program. This will be a beneficial way to follow children's progress in their Physical Education lessons with Moving Bodies.

### Assessment Results

These are being recorded on your class list. You will receive a copy of the assessment results at the completion of the term. If your reports are due before the end of the term, feel free to ask the instructors for a copy. Please be aware that the marking may not be complete at this time, however it will assist you with your reports and how your students are performing.

### Fun Activity Sheet

A fun revision of the program! These can be used during class time or for students that can not participate during the lesson.

### Involvement and Feedback

The Department of Education requires you to be present, at all times, whilst your class is participating in our lessons. We welcome your assistance during our lessons along with your feedback at any time.



# Athletics Program – S1

## Games & Sports

## Getting Started

### OUTCOMES

<b>Knowledge &amp; understanding</b>	Performs fundamental movement skills with equipment in minor games (GSS1.8).
<b>Skills</b>	Demonstrates maturing performance of basic movement and co-positional skills in a variety of predictable situations (MOS1.4).
<b>Values &amp; attitudes</b>	Willingly participates in regular physical activity (V5).

### INDICATORS AND EXAMPLE ACTIVITIES

<b>Identifies the most efficient way of using a variety of equipment. Eg: grips, stance, action.</b>	<ul style="list-style-type: none"> <li>❖ Baton relay</li> <li>❖ Partner putting</li> </ul>
<b>Participates in a range of minor games and practices that assist skill development.</b>	<ul style="list-style-type: none"> <li>❖ Relays</li> <li>❖ Obstacle course</li> <li>❖ Hoop slinging</li> </ul>
<b>Throws a small ball or beanbag to a wall, target or partner using high and low pathways.</b>	<ul style="list-style-type: none"> <li>❖ Overarm and underarm target throwing</li> <li>❖ Underarm target throwing</li> </ul>
<b>Evaluation</b>	

### During the lesson..

The Department of Education requires you to be present during lessons and assist with the following;

<b>Supervise Activities</b>	Often we will ask you to supervise a particular skill or station
<b>Class Control</b>	Please assist with this & individual discipline
<b>Reinforcement</b>	Gentle reinforcement of our teaching points
<b>Positive Feedback</b>	We give positive feedback on a continual basis throughout the lesson, so your input to maintain a positive learning environment is always welcome.

Feel free to join in and have fun!



# Record Sheet

## Stage One

Moving Bodies Instructors will mark the record sheet and provide a copy to you at the end of the term.



### Running Activities

- Technique - Body position, arm action, leg action, head position
- Running in lanes
- Running in lanes in competitive situations
- Sprint shuttle races
- Starting races
- Standing starts
- Distance running and pacing up to 200 – 400m
- Distance running in competitive situations
- Modified beep test
- Relays with batons
- Modified hurdles

### Throwing Activities

- Bean bag shot technique
- Target bean bag shot put with accuracy
- Target bean bag shot put with distance
- Shot put technique with weighted ball
- Rolling a ball with follow through
- Rolling a ball with angle of release
- Rolling a quoit with follow through
- Rolling a quoit with angle of release
- Hoopla throwing activities with accuracy
- Hoopla mini competitions
- Bean bag introductory activities
- Over arm bean bag throw with follow through
- Over arm ball throw with angle of release
- Throwing competitions
- Throwing a vortex
- Throwing a turbo javelin

### Jumping Activities

- Motorbike landing position
- Two foot jumping on the spot – height
- Two foot jumping forward – distance
- Two foot jumping forward – use of arms
- One foot take off – forward jump to land on two feet
- High hops – with walking approach
- High hops – using arms
- Scissor jumps lifting legs to hip height
- Scissor jumps on crash mat lifting legs to hip height
- Jumping competitions

### Games

- Locomotions
- Fitness run
- Target games
- Stop watch games
- Obstacle Course
- Chasing games
- Stretching

# Activity Sheet

## Stage One



Find these words in the find-a-word below.

run

jump

throw

track

shotput

javelin

high

long

moving

bodies

relay

sprint

marathon

field

lane

hurdle

j	u	m	p	t	r	a	c	k
a	r	o	g	h	e	h	b	h
v	u	v	f	r	l	i	o	u
e	n	i	i	o	a	g	d	r
l	a	n	e	w	y	h	i	d
i	o	g	l	o	n	g	e	l
n	a	t	d	h	l	e	s	e
m	a	r	a	t	h	o	n	t
s	p	r	i	n	t	i	c	s

Unjumble these athletic words. Clue: They are also in the find-a-word.

arley = \_\_\_\_\_

pjum = \_\_\_\_\_

rowht = \_\_\_\_\_

pstrin = \_\_\_\_\_

dlhrue = \_\_\_\_\_

iefdl = \_\_\_\_\_

cera = \_\_\_\_\_

rakct = \_\_\_\_\_

vjaleni = \_\_\_\_\_

# Activity Sheet

## Stage One



Crack the code in this puzzle.

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>	<b>K</b>	<b>L</b>	<b>M</b>	<b>N</b>	<b>O</b>
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

<b>P</b>	<b>Q</b>	<b>R</b>	<b>S</b>	<b>T</b>	<b>U</b>	<b>V</b>	<b>W</b>	<b>X</b>	<b>Y</b>	<b>Z</b>
16	17	18	19	20	21	22	23	24	25	26

16 21 14 14 9 14 7                      10 21 13 16 9 14 7                      1 14 4

\_\_\_\_\_

20 8 18 15 23 9 14 7                      1 18 5                      1 12 12

\_\_\_\_\_

1 20 8 12 5 20 9 3                      1 3 20 9 22 9 20 9 5 19.

\_\_\_\_\_

Write the missing words in these sentences:

baton	sprinting	long
ready	scissor	push

Pass the \_\_\_\_\_ to your team mate in a relay race.

A \_\_\_\_\_ jump will help you over the bar in high jump.

Running as fast as you can is called \_\_\_\_\_.

Land on two feet in the sand pit for \_\_\_\_\_ jump.

Throwing is not allowed in shot put, you must \_\_\_\_\_.

To start a race someone says \_\_\_\_\_ set, go.

# Answer Sheet

## Stage One



Code: **Running, jumping and throwing are all athletic activities.**

Write the missing words in these sentences:

Pass the **baton** to your team mate in a relay race.

A **scissor** jump will help you over the bar in high jump.

Running as fast as you can is called **sprinting**.

Land on two feet in the sand pit for **long** jump.

Throwing is not allowed in shot put, you must **push**.

To start a race someone says **ready** set, go.