

Welcome to the Moving Bodies Ball Sports 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.

Programming

In order to provide higher quality instructions to your students, Moving Bodies has aligned all programs to the current PD/H/PE Syllabus. **A copy of this programming will be emailed to your school. Please ensure you obtain a copy for your programming.** Our Ball Sports Program directly assess 4 out of the 11 outcomes along with indirectly covering 3/4 of the other outcomes from the **Movement Skill** and **Performance** content strand of the syllabus. While our program focuses on the Movement Skill domain, we also cover activities from the **Self Management** and **Interpersonal Skill** domains.

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 your programming pack, is for you to give to the students so they can mark off all activities attempted during the term – great for the parents to see what they are covering in their lessons with us. 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 and also 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.

Ball Skills - Early Stage 1

Movement Skill & Performance



Objective:

Outcomes:

Demonstrate an understanding of movements skills, concepts and strategies to respond confidently, competently and creatively in a variety of physical activity contexts.

PDe-4 Practises and demonstrates movement skills and sequences using different body parts.

PDe-5 Explores possible solutions to movement challenges through participation in a range of activities.

Move with confidence, competence and creativity within and across various physical activity contexts

PDe-11 Demonstrates how the body moves in relation to space, time, objects, effort and people.

Key Inquiry Questions:

Content:

How do we move our bodies?

Demonstrate a variety of movement skills and movement sequences.

Example:

- Perform locomotor skills in any direction from one point to another, e.g. walking, running, galloping, hopping, jumping, skipping, rocking, turning, leaping, following a line. **M**
- Perform object control skills to send, control and receive objects at different levels and in different ways, e.g. throwing, catching, bouncing, striking, kicking, rolling. **M**

Participate in games with and without equipment. Example:

- Participate in games that require students to be aware of personal safety, the safe use of equipment and game boundaries. **M**
- Participate in minor games responding to stimuli, e.g. co-operation games, imagination games, simple ball games. **M**

How can we solve problems when moving?

Test possible solutions to movement challenges through trial and error.

Example:

- Attempt different ways to solve a movement challenge and discuss which ways were successful or not, e.g. use signals, co-operation, modify rules, change formations. **S I M**
- Trial a number of techniques when trying a new movement activity, e.g. position, focus, direction. **S M**
- Identify options and make positive choices when faced with a decision about how they participate in a movement activity. **S M**

How do we participate with others when we are active?

Collaborate with others and follow rules when participating in physical activities. Example:

- Work with a partner or small group to complete a movement task or challenge. **I M**
- Communicate intentions clearly when playing minor games. **I M**
- Follow instructions for personal safety, fair play and appropriate use of equipment. **I M**
- Identify boundaries, e.g. personal space and playing area. **I M**

Ball Sports Record Sheet



Early Stage One

Name: _____

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

Rolling & Stopping

- Rolling a ball at a target
- Stopping a ball with hands
- Rolling and stopping with a partner
- Poison ball
- Fill the bucket



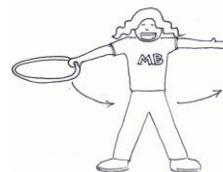
Kicking & Trapping

- Dribbling a ball with feet
- Dribbling around markers
- Kicking a ball at a target
- Stopping a ball with feet
- Kicking a ball to a partner



Throwing & Catching

- Underarm/Overarm bean bag throws
- Target games
- Hooping slinging
- Partner throw and catch
- Bouncing and catching a ball



Striking

- Correct grip of a bat
- Correct stance with striking
- Swinging a bat
- Striking a stationary ball
- Bat ball competition



Games

- | | |
|---|--|
| <ul style="list-style-type: none"><input type="checkbox"/> Race the ball<input type="checkbox"/> Captain ball<input type="checkbox"/> Piggy in the middle<input type="checkbox"/> Silent ball<input type="checkbox"/> Number dribble<input type="checkbox"/> Ball relay<input type="checkbox"/> Stumps<input type="checkbox"/> Mini cricket/French cricket<input type="checkbox"/> Guard the goal<input type="checkbox"/> Rob the nest<input type="checkbox"/> Number hockey<input type="checkbox"/> Dibbling relays<input type="checkbox"/> Speed throwing | <ul style="list-style-type: none"><input type="checkbox"/> Base running relay<input type="checkbox"/> Beat the ball<input type="checkbox"/> Neucombe ball<input type="checkbox"/> Serving target<input type="checkbox"/> Keep it up<input type="checkbox"/> Kick away<input type="checkbox"/> Kick ball<input type="checkbox"/> Score through the gates<input type="checkbox"/> Penalty shots<input type="checkbox"/> Number soccer<input type="checkbox"/> 1,2,3 ball<input type="checkbox"/> Ricochet |
|---|--|

Activity Sheet

Early Stage One



1. Draw a picture of yourself playing your favourite sport:



2. My favourite thing about sport is.....

3. Colour in the word:

SPORT