



NEW ZEALAND HEALTH AND  
PHYSICAL EDUCATION SERIES



# Phys Ed

## For Foundation Level

Edited by Lindsay Marsh



**Learning Areas:**

- moving our body
- understanding movement
- learning through movement

# Teachers' Notes

*Phys Ed For Foundation Level* is part of the *New Zealand Health And Physical Education Series* which comprises ten books in total.

*Benefitting From Physical Activity* is the first section in this book. This section provides a worksheet which students can use to describe their feelings after participating in any physical activity from this book. This helps them to understand how the body responds to exercise. This section also suggests warm up and warm down stretches which can be done before physical activity.

*Moving Our Body* is the second section of this book. In this section, students are given the opportunity to develop their locomotor skills by participating in activities which ask them to: hop, jump, skip, run, crawl and sidestep from one point to another. Other activities allow students to demonstrate how they can control a number of objects such as: beanbags, sponge balls and soccer balls by throwing them at a target and receiving them from others. Most of the activities in this section require students to respond to commands.

The third section, entitled *Understanding Movement* focuses on the children's ability to move at different speeds and in different directions mainly to dodge a moving object or reach a destination. Students will learn to be aware of creating their own space.

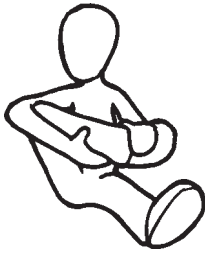
The final section in this book, *Learning Through Movement*, involves students in a number of small team games and helps them to work with others to achieve a common goal; follow rules; play fairly; and use the equipment appropriately. This section encourages students to develop a sense of teamwork and healthy competition.

*Phys Ed For Foundation Level* is a wonderful resource for those who teach this early age group. Each page clearly specifies the equipment and area needed to complete the set activity, and all of the instructions are supported with helpful diagrams. This book will be a valuable addition to any school's pool of resources.

# Physical Activity Keeps Me Healthy 1

If you stretch before you complete physical activity, it warms up your body and reduces the chance of you being injured. Stretching is also good because it keeps you flexible.

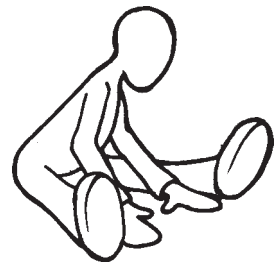
- Look at the stretches below. Do them, then colour or explain the parts of the body where you feel the stretch.



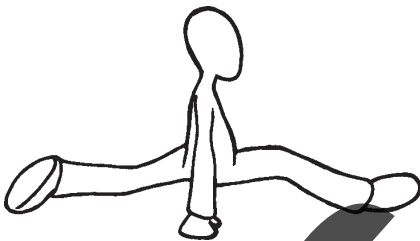
**hamstring stretch 1**



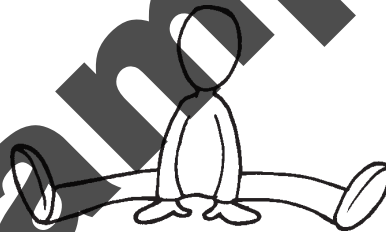
**hamstring stretch 2**



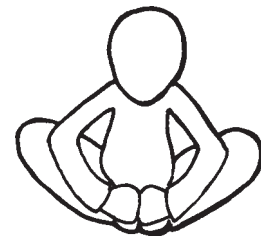
**inner thigh stretch**



**split 1**



**splits 2**



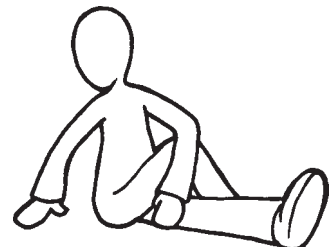
**groin stretch**



**quads stretch 1**



**quads stretch 2**



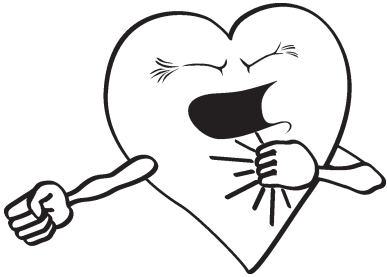
**spinal twist**

- Get into pairs. Describe some of the stretches to your partner. Without looking at the pictures, your partner must do the stretches.

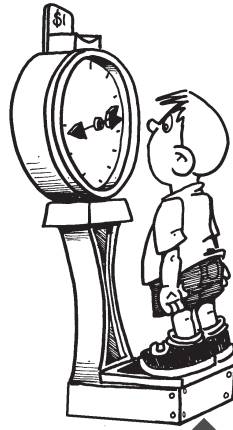
# Physical Activity Keeps Me Healthy 3

Regular physical activity keeps me healthy.

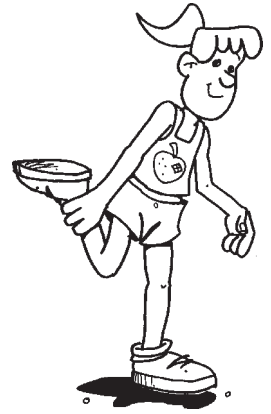
Complete the diagram using words and pictures.



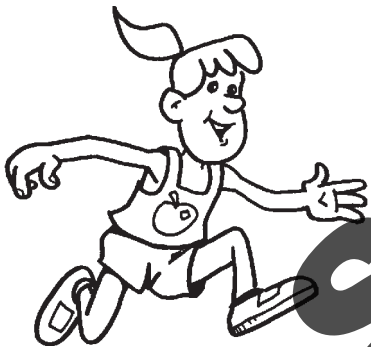
Keeps my  
\_\_\_\_\_ healthy.



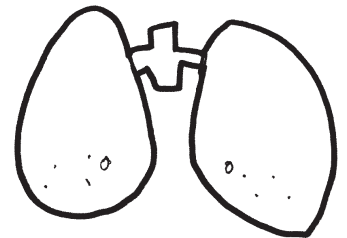
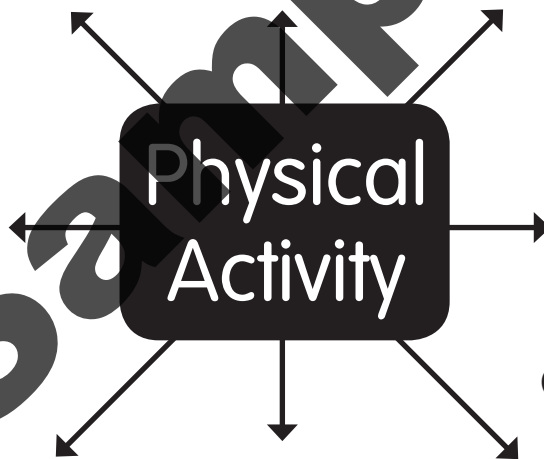
Keeps me at a  
healthy \_\_\_\_\_.



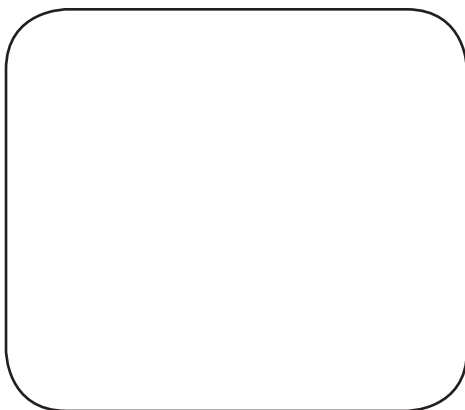
Keeps me  
\_\_\_\_\_.



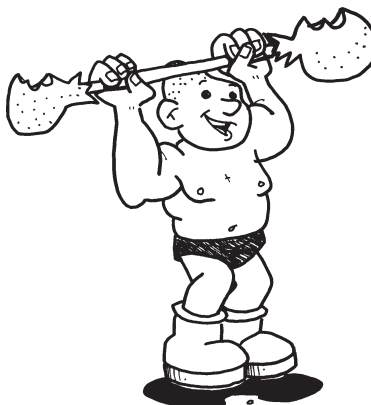
Gives me \_\_\_\_\_.



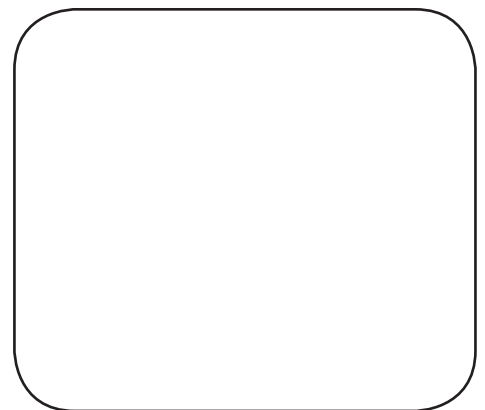
Gives me healthy  
\_\_\_\_\_.



Makes me happy.



Makes me  
\_\_\_\_\_.



Helps me sleep.

# Stepping Hoops

## Equipment:

10 hoops.

## Area:

Small grassed or concreted area.

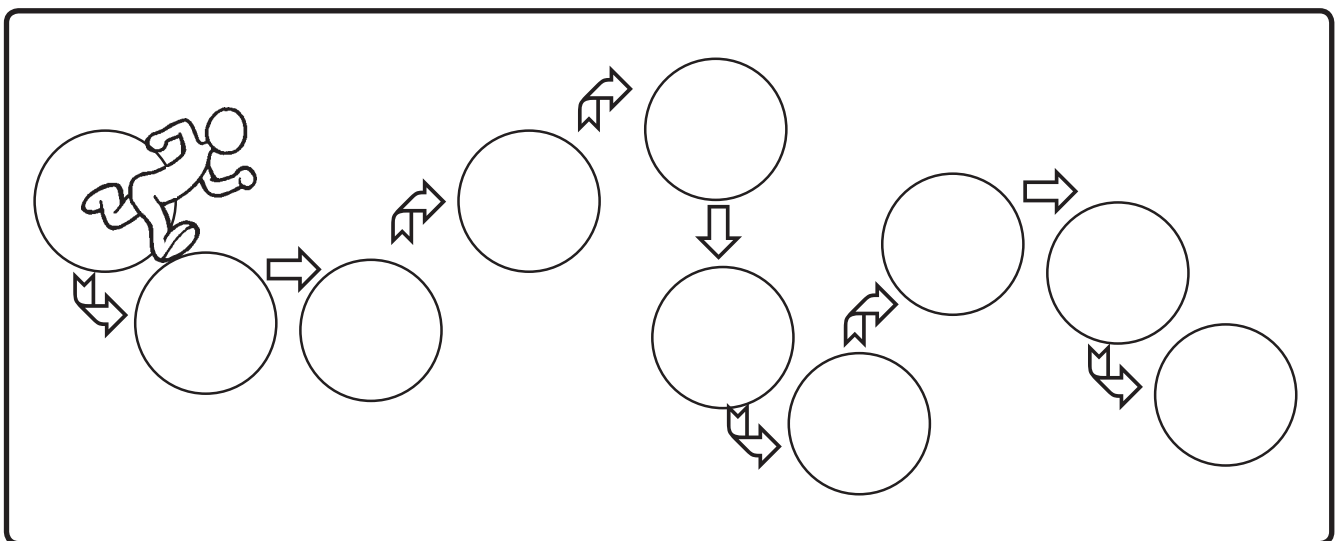
## How To Play:

Set up a hoop course by positioning 10 hoops in any pattern, so that all children are able to step from 1 hoop to the next. The children take it in turns to step through the hoops.

Students are only allowed to place 1 foot inside each hoop. They are allowed to stop in any hoop as long as only 1 foot is touching the ground.

Gradually change the position of some of the hoops to increase the level of difficulty. Any child who fails to make it through the hoop course is out, and sits out for the remainder of the game.

Continue to increase the difficulty of the game by repositioning the hoops until only 1 person remains.



# Bounceball Relay

## Equipment:

5 - 6 large rubber balls (basketballs).

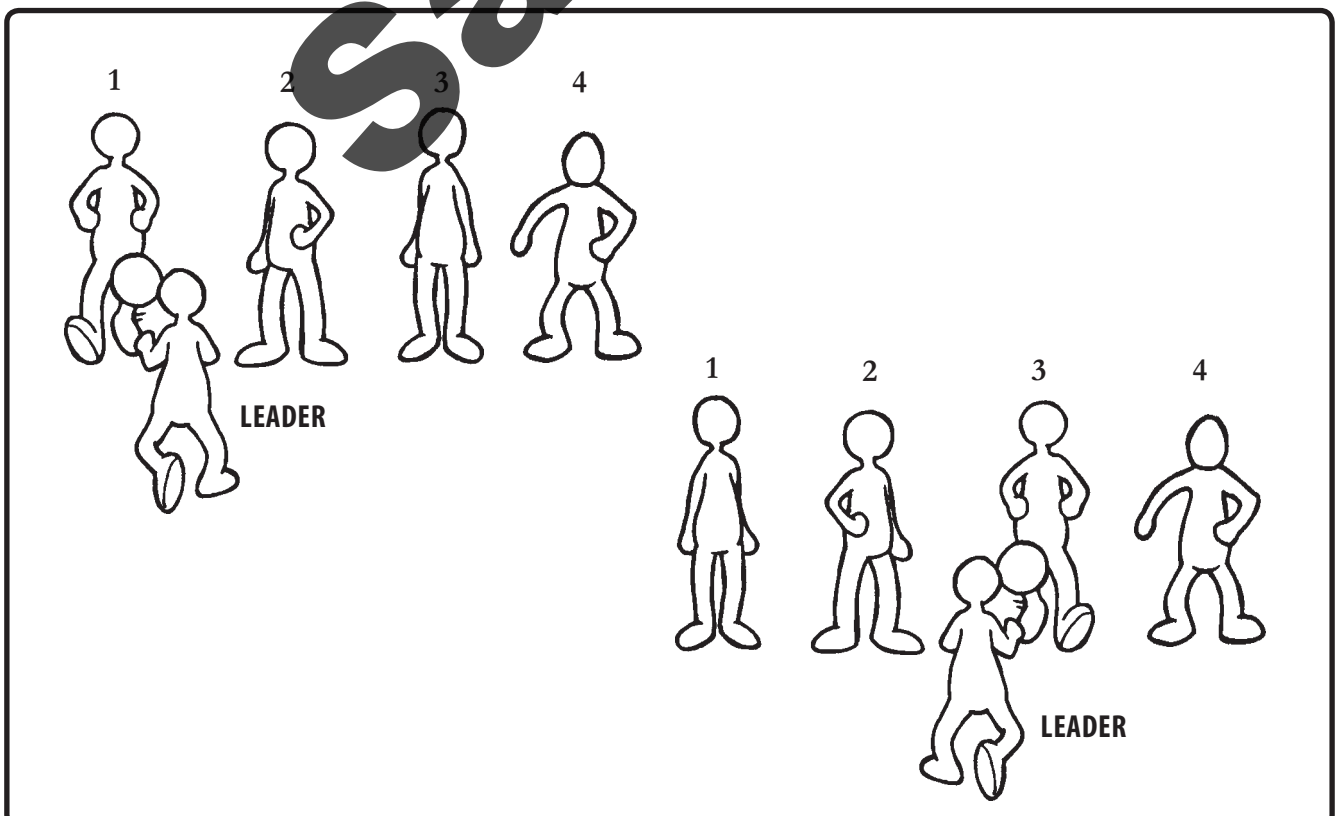
## Area:

Concreted area approximately 20 metres x 20 metres.

## How To Play:

Divide children into groups of 5 or 6 and allocate 1 ball per group. 4 children from each group stand in a line facing the remaining child who is the leader. The leader bounces the ball to the first child who then bounces it back. This is repeated until all children have had a turn. After 1 cycle the leader changes positions with the first child, then the second child and so on, until everyone has had a turn at being the leader.

This is a good basic activity to develop bouncing skills and is made more interesting in a relay situation. A variation is to have children stand in a circle around the leader who must turn or pivot after each pass.



# Beanbag Dodge

## Equipment:

2 beanbags and 6 - 8 witches hats.

## Area:

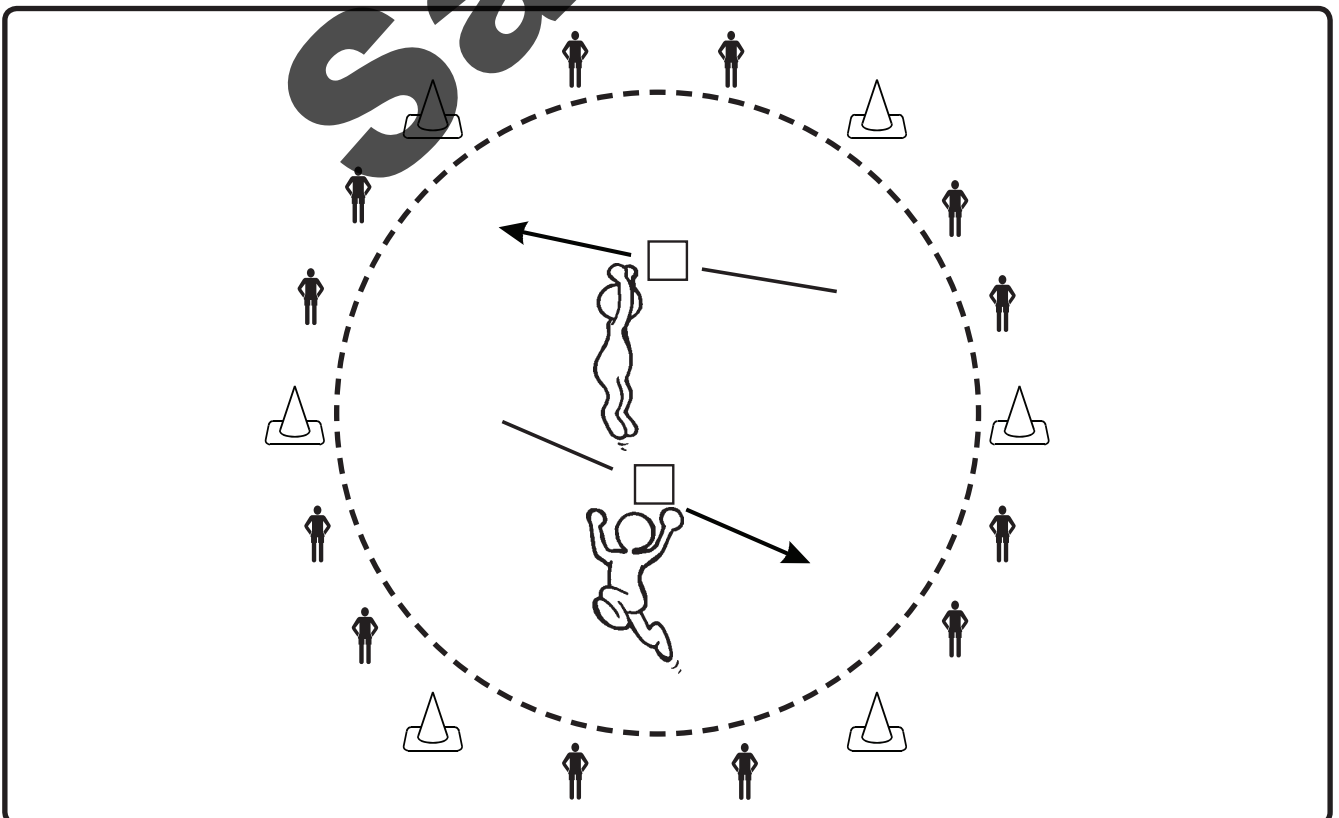
Small grassed or concreted area.

## How To Play:

Mark out a circle with a diameter of about 6-8 metres using witches hats. Choose 2 children to stand in the middle of the circle whilst the other children spread out around the circle.

The two beanbags are thrown across the circle by different children and the 2 children inside the circle must try to intercept the passes. If 1 child succeeds in doing this, he/she takes the place of the child who threw the beanbag. To keep the game moving, the children have only 2 seconds to pass the beanbag once they have caught it.

A variation is to use 3 beanbags and have 3 children in the middle.



# Beanbag Golf

## Equipment:

9 hoops, a class set of beanbags, 9 witches hats, 1 paper and pen per pair and 9 flags (optional).

## Area:

An area equivalent to a netball court.

## How To Play:

Children should pair up. Set up the golf course as shown in the diagram below. Holes (hoops) are usually positioned 20 - 30 metres apart and are par 3 but more challenging holes can be set up.

Pairs start at a witches hat and take it in turns to throw a beanbag towards the hoop. After the first pair have completed the first hole the next pair can commence and so on.

Children record their scores and when finished, they, or the teacher, total the scores. A score card may be drawn up beforehand to assist the children. This is an excellent integrated activity with Maths and children love to participate in it.

