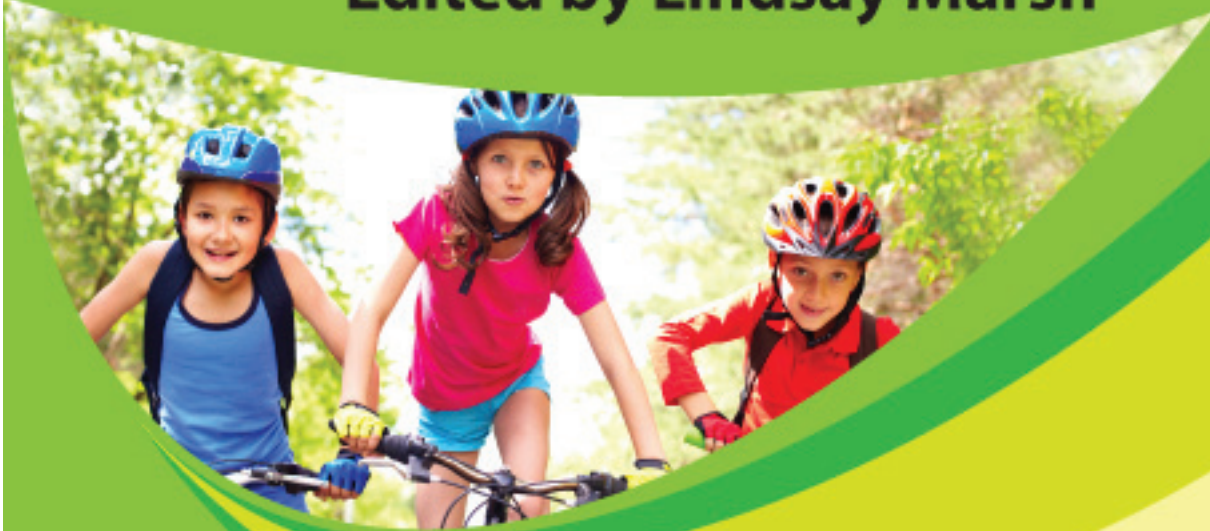


# Phys Ed

## For Years 3-4

Edited by Lindsay Marsh



**Learning Areas:**

- moving our body
- understanding movement
- learning through movement

# Teachers' Notes

*Phys Ed For Years 3-4* belongs to the *New Zealand Health And Physical Education Series* which comprises ten books in total.

*Moving Bodies* is the first section of this book. In this section, students are given the opportunity to combine their locomotor skills with their skills in object control. Other activities allow students to demonstrate how they can use their bodies to evade moving objects by dodging and swerving. Circuits and tumbling routines are also a focus.

The second section, entitled *Understand Movement*, focuses on students' ability to move at different speeds and in different directions. It also asks them to use their bodies to show their understanding of symmetry and angles.

The third and final section in this book, *Learning About Movement*, involves students in a number of team games and helps them to work with others to: show co-operation skills; maintain possession; practise inclusivity; apply team strategies; play fairly and use equipment appropriately. This section will encourage students to develop a sense of teamwork and healthy competition while thinking about the consequences of their actions as part of a team.

*Phys Ed For Years 3-4* is a wonderful resource for those who teach these year levels. Each page clearly specifies the equipment and area needed to carry out each activity, and the instructions are supported with helpful diagrams. This book will be a valuable addition to any school's pool of resources.

# Hit Your Target

## Equipment:

4 large rubber balls or volleyballs, 4 witches hats.

## Area:

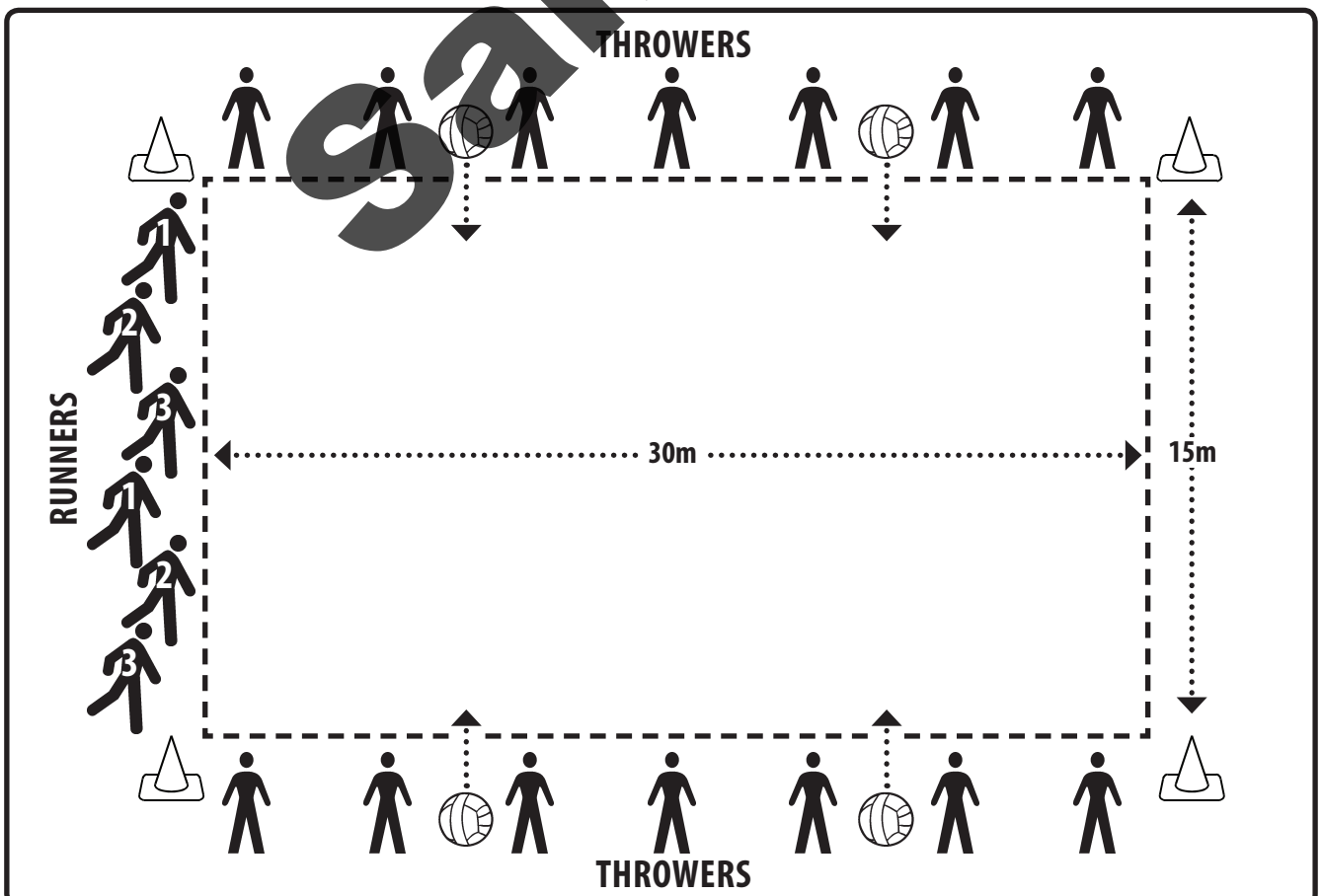
A grassed area 30 metres x 15 metres.

## How To Play:

Mark out a rectangular area using the witches hats. Divide children into 2 groups - runners and throwers. The throwers line up on both of the 30 metre lines, with the 4 balls. The runners line up behind the 15 metre line and are each given a number 1, 2 or 3.

The teacher calls out a number and these children must try to run to the other end of the rectangle without being hit below the waist by a ball. If runners are hit, they are out.

When all or most runners are out, the teams switch. This is a fast-paced game and children don't mind being caught out as it adds to the excitement of the game.



# Tag Ball

## Equipment:

4 witches hats to act as bases, 1 tennis ball.

## Area:

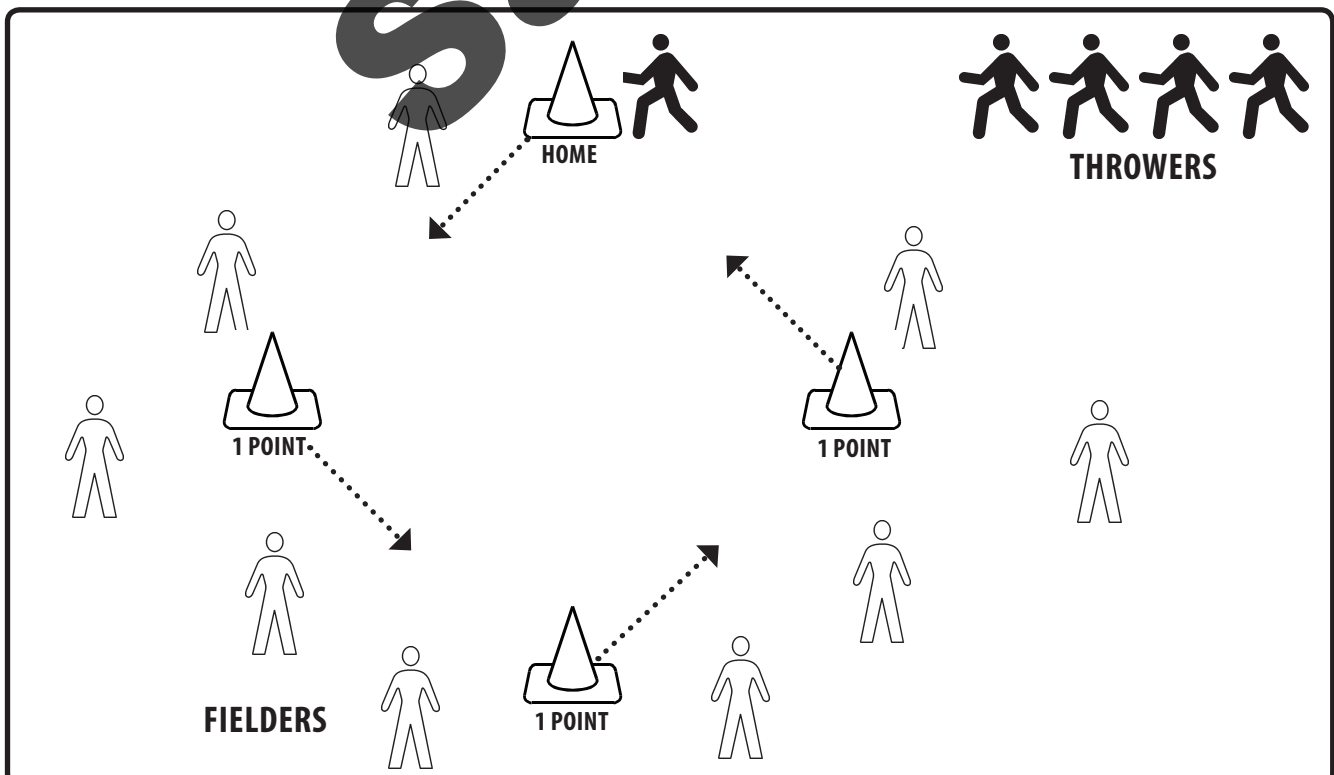
Large grassed area.

## How To Play:

Divide children into 2 teams - a throwing team and a fielding team. Set up the witches hats as shown below. The aim of the game is for the throwers to take turns throwing the ball as far as they can and commence running to each base. They should continue to run to each base until tagged by a fielder holding the ball. Each base successfully reached, earns 1 point for the team.

The throwers may dodge, swerve or sidestep to avoid being tagged by a fielder but they can't run outside the game area or back to a base that they have just touched.

When all of the throwers have had a turn, teams change over. This is a great game because all children are guaranteed to score at least 1 point and often they will each score 2 or 3 points.



# Shark In The Pool

## Equipment:

None required.

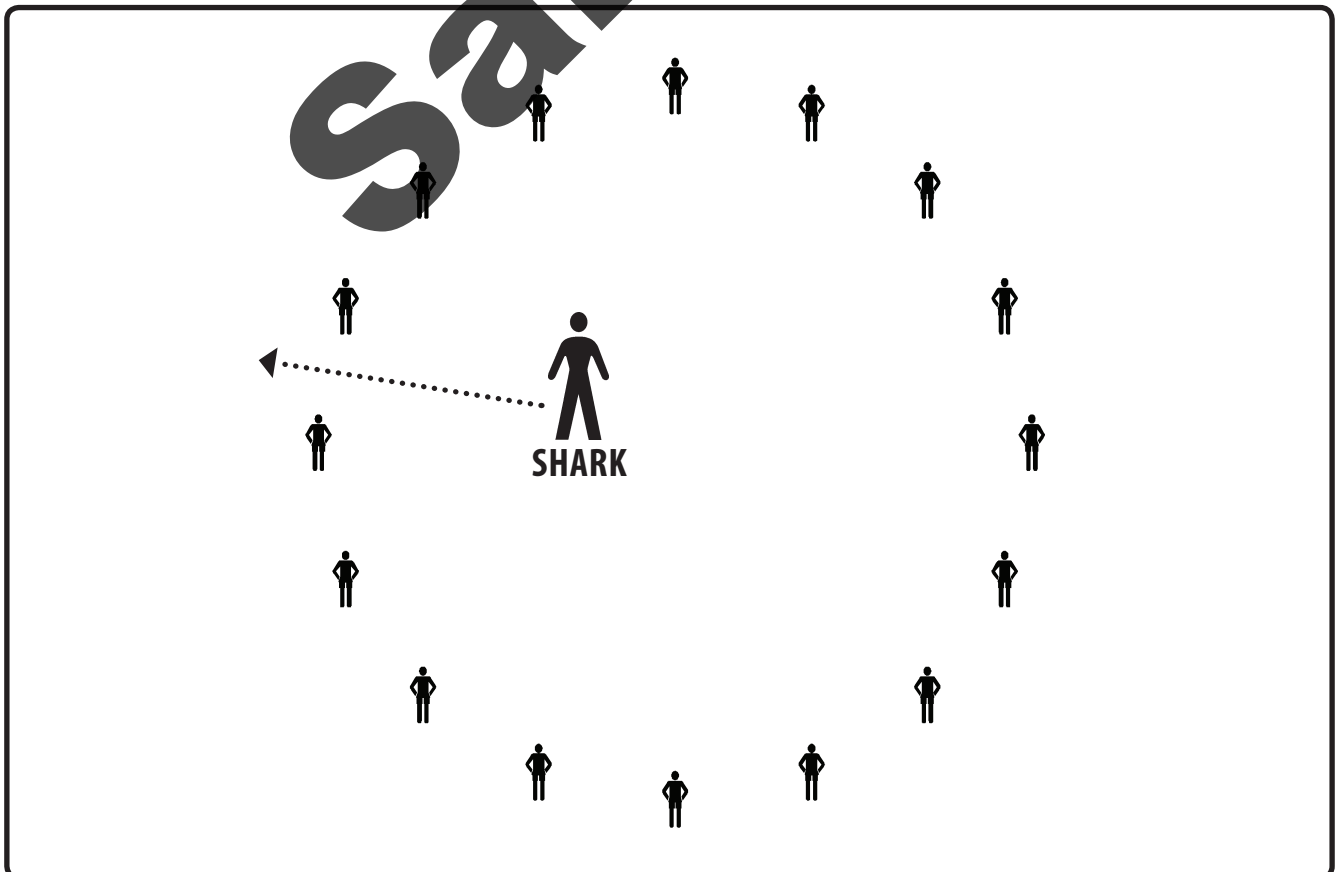
## Area:

Small grassed area.

## How To Play:

A child is chosen to be the shark. The other players make a pool by linking hands and forming a circle. The shark stands in the middle of the pool and tries to break out by crawling under or stepping over the children's hands/arms.

The children in the pool raise and lower their arms and move their bodies to keep the shark in the pool. When the shark breaks out, the children run away. The shark chases the children and the first child tagged becomes the new shark.



# Human Symmetry

## Equipment:

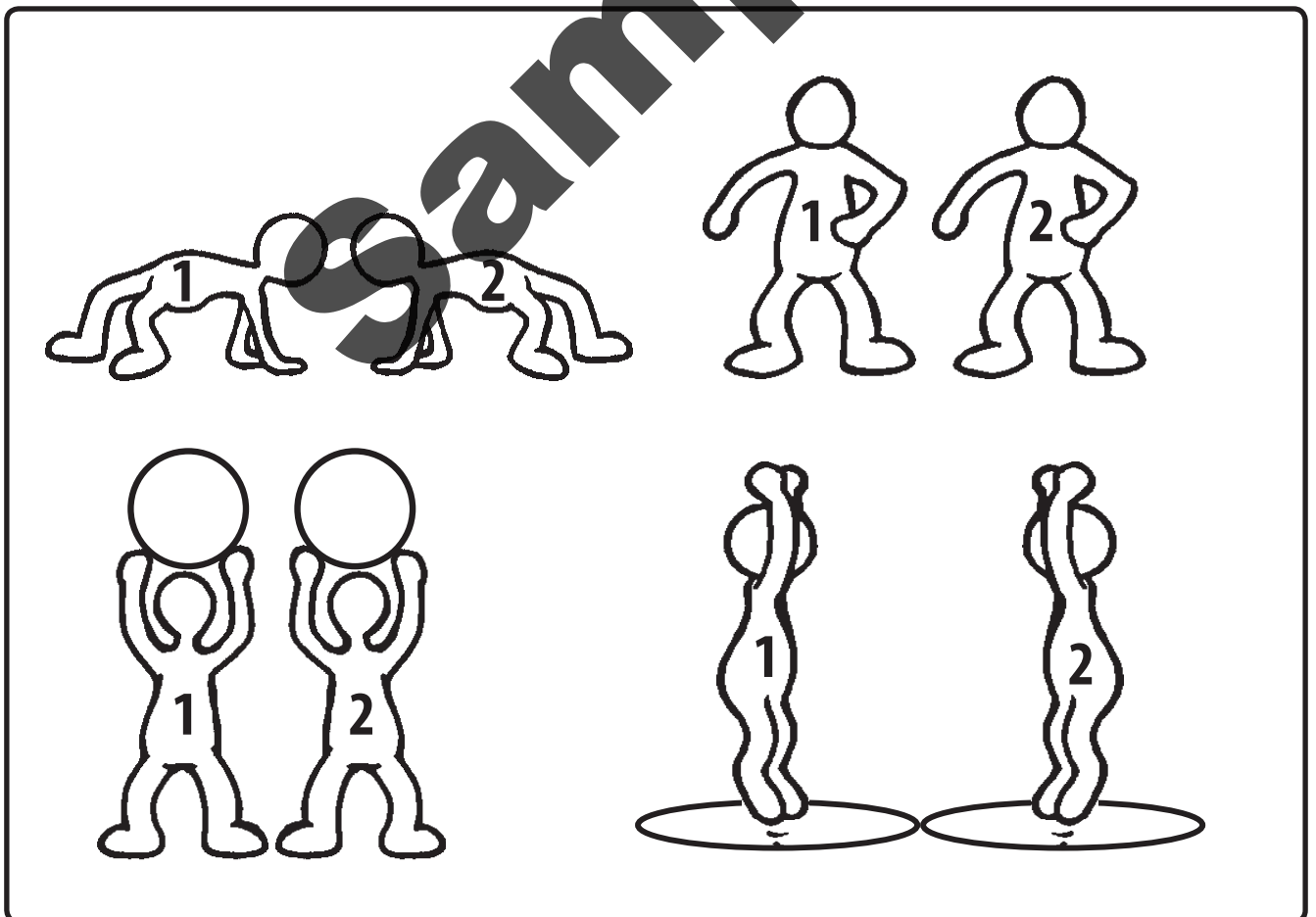
1 tennis ball, 1 soccer ball, 1 hoop and 1 skipping rope per pair.

## Area:

A grassed or concreted area.

## How To Play:

Divide children into pairs. 1 child from each pair is Player 1, the other is Player 2. On the whistle, Player 1 is to form a stationary pose – he/she can utilise the equipment available. Player 2 is to mirror the pose of Player 1 so that the pair become symmetrical. After 5 poses, the children switch roles.



# Pass The Hoop

## Equipment:

1 hoop per team.

## Area:

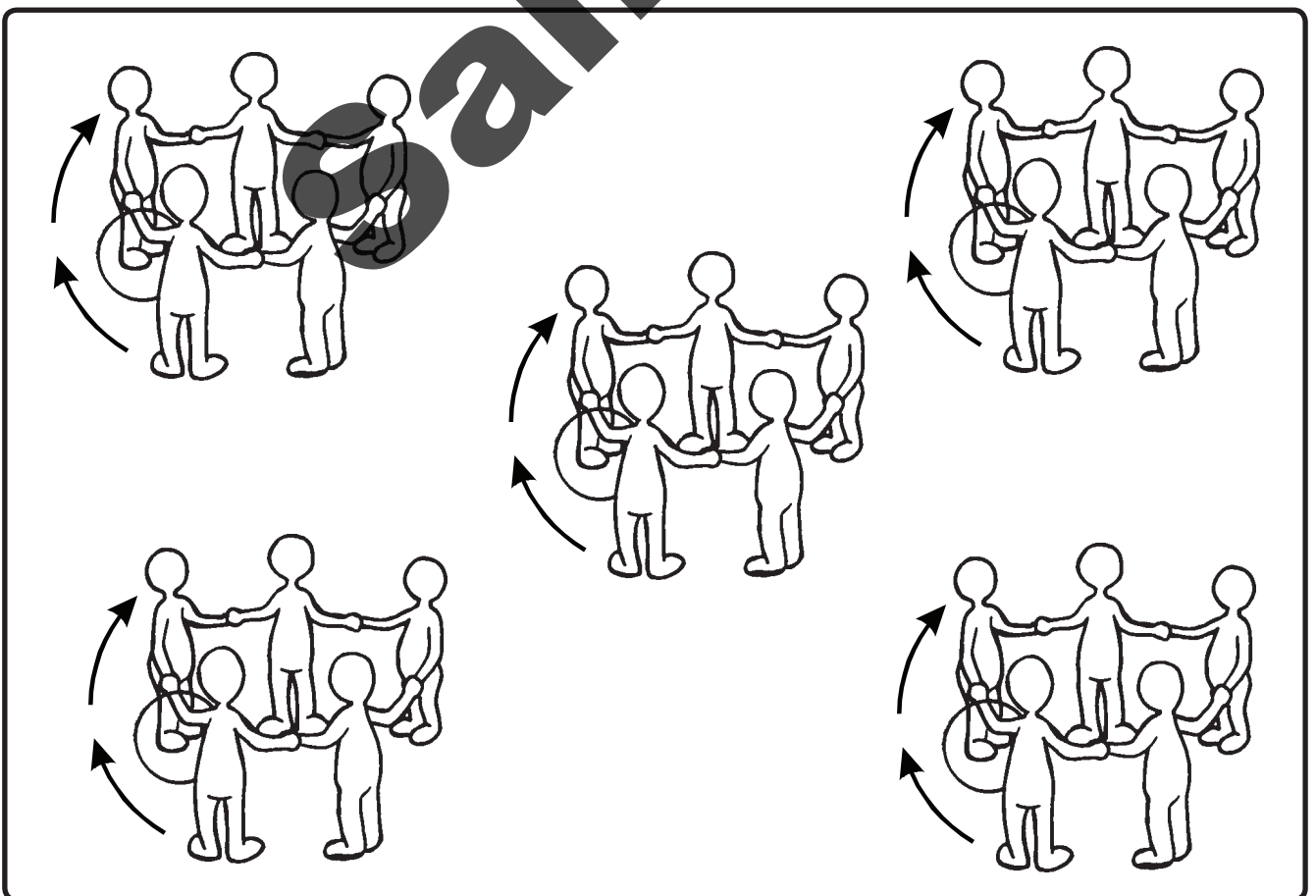
An area large enough for 4 - 6 groups to work in small circles.

## How To Play:

Divide children into teams of 5 - 6 children. The children in each team join hands and form a circle. A hoop is placed over the linked hands of 2 of the children.

On 'go' each team must work out how to pass the hoop around the circle and back to the start without letting go of one another's hands or breaking the circle.

A variation is to use more than one hoop per team or to start with the hoop around 1 team member's leg.



# Back To Centre

## Equipment:

4 witches hats to stand as bases, 1 hoop and 1 tennis ball.

## Area:

Large grassed area.

## How To Play:

Set up the bases in a diamond shape using witches hats as shown below. Place the hoop in the middle of the diamond shape. Divide the children into two teams - throwers and fielders. A child from the fielding team is nominated as centre and stands in the hoop – he/she cannot leave the hoop.

The first thrower throws the ball from home base and runs as many bases as possible. The fielding team, including centre, can catch the thrower out, or return the ball via a base fielder to centre to get throwers out.

Throwers receive 1 point for each base reached. Switch teams after everyone has had a throw.

