



NEW ZEALAND HEALTH AND  
PHYSICAL EDUCATION SERIES



# Phys Ed

## For Years 5-6

Edited by Lindsay Marsh



**Learning Areas:**

- moving our body
- understanding movement
- learning through movement

## Teachers' Notes

*Phys Ed For Years 5 - 6* is part of the *New Zealand Health And Physical Education Series* which consists of ten books altogether. This book is divided into three sections, entitled: *Get Moving*, *All About Movement* and *Let's Learn Through Movement*. These three sections address the following three areas:

- moving our body
- understanding movement
- learning through movement

Due to the rapid development of technology, the temptation for children to spend more time indoors being entertained by computers, video games, the television and DVDs, has seen a noticeable decline in quality time spent outdoors in the fresh air, participating in some form of physical activity.

Studies have shown that a more sedentary lifestyle can be a significant contributor to obesity in the younger generation, as well as an increase in illness and disease, and a general decline in social skills that are formed during play and team activities.

This book includes a variety of lesson ideas that aim to provide varying forms of physical activity to increase heart rate and muscle tone. The games are devised to have the participants outside as much as possible and are primarily team-based to provide opportunities for social interaction and collective decision making, as well as dependence on other members of the group.

As much as possible the games are designed to be user-friendly. They require very little preparation and no or basic equipment and aim for the total involvement of whole classes. The activities have been trialled using both single-sex and mixed-sex groups with an emphasis on fun and enjoyment.

# Hand Tennis

## Equipment:

1 gym ball, witches hats, net (if no net is available, use witches hats placed one metre apart).

## Area:

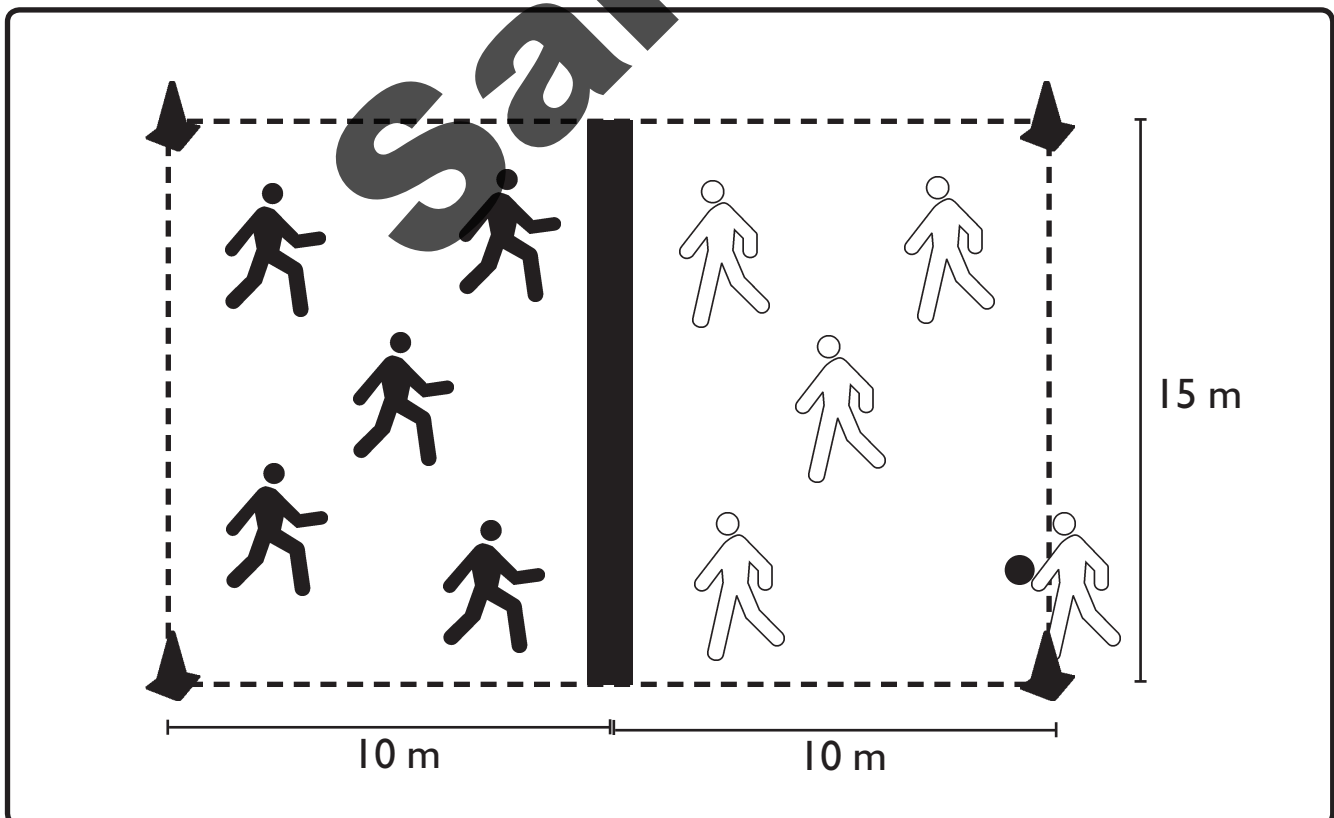
Flat area 15 metres x 20 metres with a net or witches hats dividing the 2 teams.

## How To Play:

Mark out the rectangular playing area using witches hats. Divide the children into 2 teams of 5 players. The aim of the game is for players to hit the gym ball over the net using only their hands. The ball must bounce once and only once in each court before being hit.

No hitting on the full is allowed. Players aim to land the ball in their opponent's court in a position that makes it difficult for them to return.

Points are scored as in tennis and players take it in turns to serve by bouncing and hitting the ball from the baseline. For this activity 2 or more games could be operating simultaneously.



# Fitness Circuit 2

## Equipment:

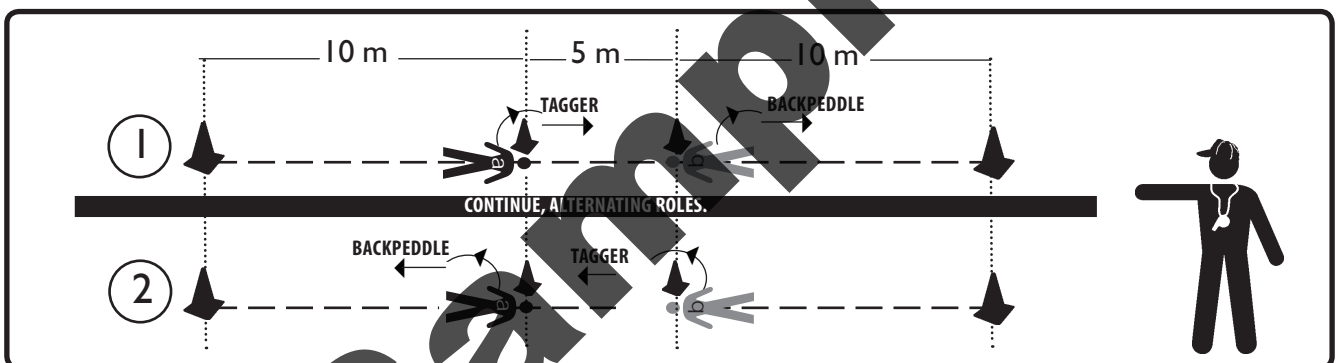
Witches hats, 1 netball per team of 3.

## Area:

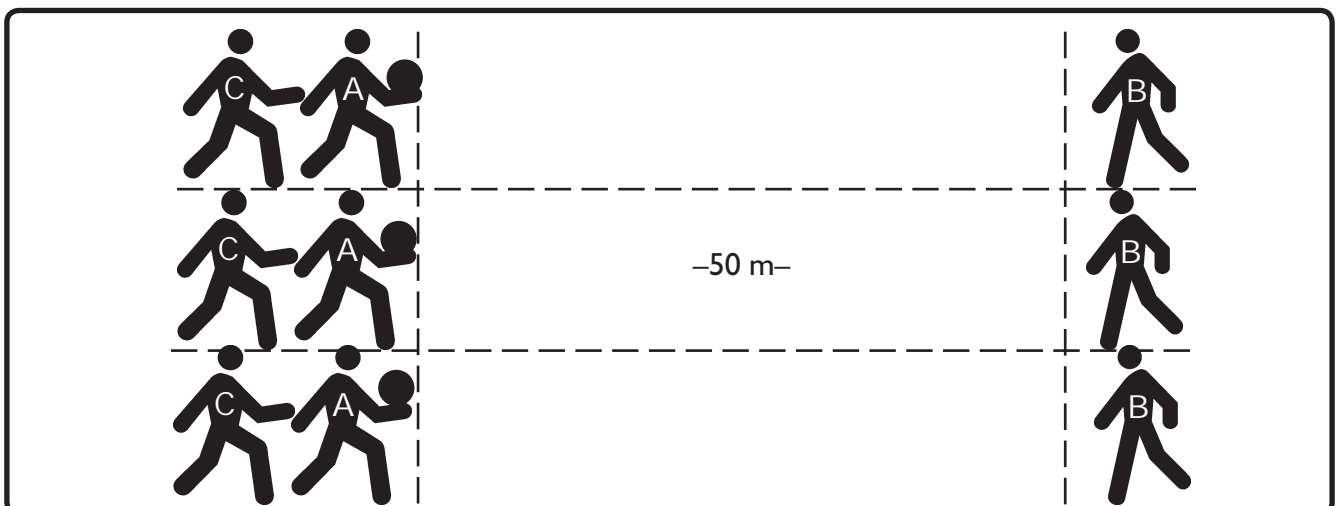
A large grassed area at least 50 metres in length.

## How To Play:

1. Divide the children into pairs. Children should lie 5 metres apart from one another on their backs with their heads facing inwards. Mark this distance using witches hats. Position 2 witches hats 10 metres behind each player. A child is nominated to be a backpeddler and the other is nominated to be a tagger. The backpeddler runs 10 metres to the witches hat before the player running forwards can tag him/her. Continue, alternating roles.



2. Divide the children into teams of 3 and position each team as shown below. Player As sprint to Player Bs, Player Bs sprint to Player Cs, and Player Cs sprint to Player As and so on. Introduce a netball per team and have students run and offload the ball as they meet.



# Stretching For Flexibility

## Equipment:

None.

## Area:

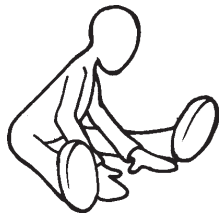
Grassed or concreted indoor or outdoor area.

## How To Play:

Complete the following stretches to: increase students' flexibility; extend their knowledge of the anatomy; and prevent injury before and after any physical activity.



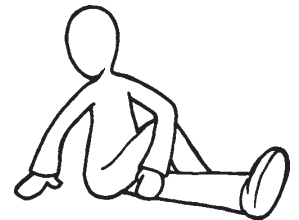
HAMSTRING STRETCH



INNER THIGH STRETCH



GROIN STRETCH



SPINAL TWIST



SKY REACH



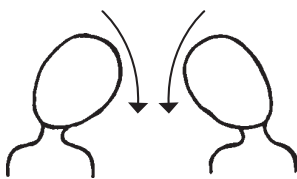
TOE TOUCH



QUADS STRETCH 1



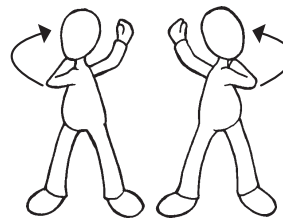
QUADS STRETCH 2



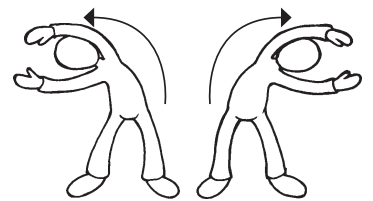
NECK STRETCH  
(FORWARD, BACKWARD  
AND SIDE ROLL/STRETCH)



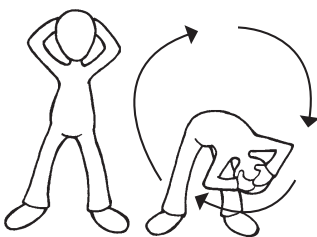
SHOULDER STRETCH  
ON BOTH SIDES



TRUNK TWISTING



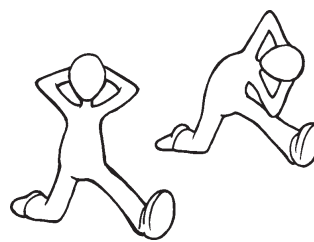
SIDEWAYS STRETCH



TRUNK ROLLS



FORWARD LUNGE  
ON BOTH SIDES



ELBOW TO KNEE



LEG STRETCH

# Counter-Balances 3

## Equipment:

None.

## Area:

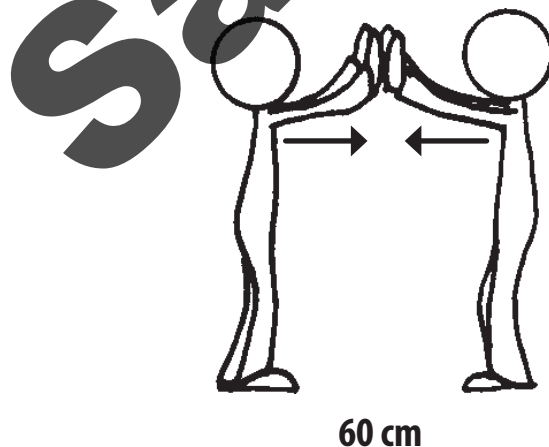
Grassed area or hardtop suitable for a 20 metre relay activity.

## How To Play:

Place the children into pairs. The children begin by facing their opponent, approximately 60 - 70 centimetres away. Both children stand with their legs shoulder-width apart and their hands held out in front.

The game is played by pushing the opponent's hands and trying to force him/her off balance. The opponent can retract his/her hands but can only move them forwards or backwards.

Moving the legs or feet is counted as a loss and the successful opponent scores a point. The overall winner is the first to 5 wins. Have play-offs within the class to find the "Grand Champ".



# Reduction Basketball

## Equipment:

1 basketball, 2 sets of coloured sashes.

## Area:

Basketball court.

## How To Play:

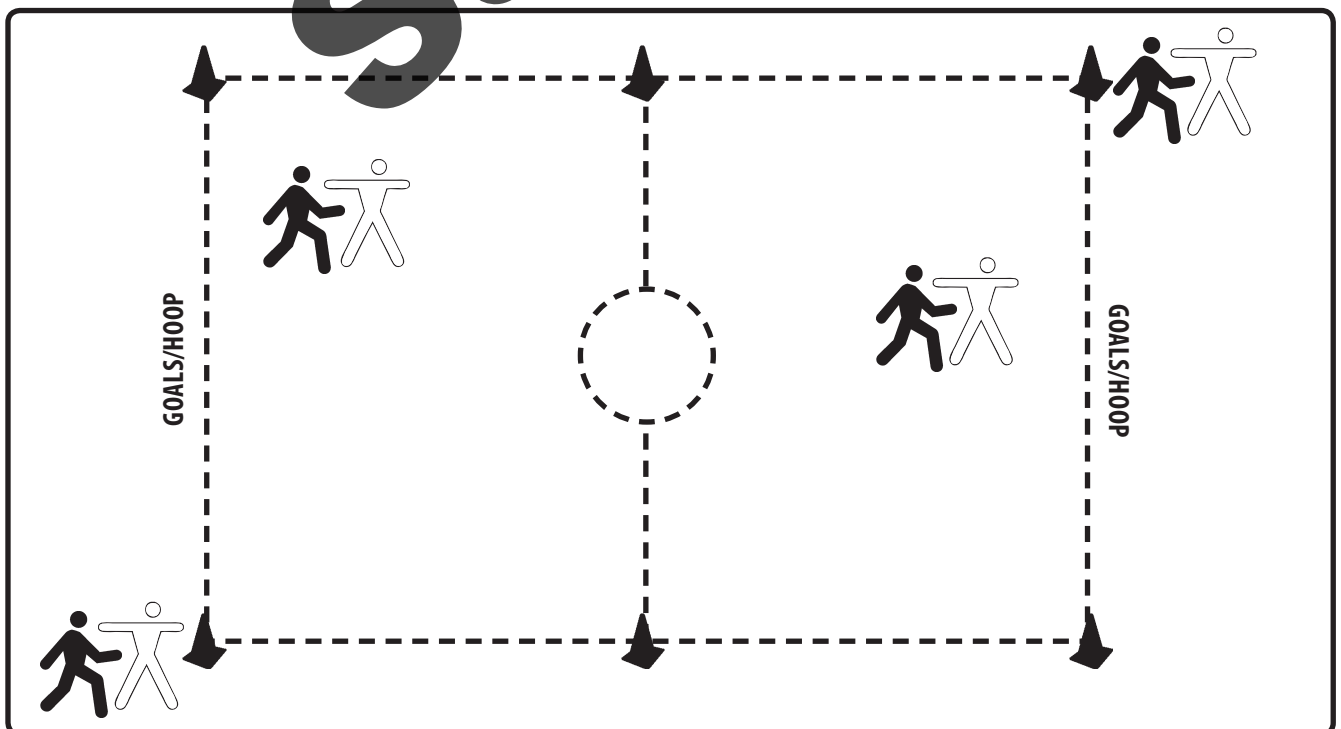
Divide the children into 2 equal teams. Use coloured sashes to differentiate the teams. Uses the same rules for basketball except for the following modification:

- After each goal is scored the goal scorer must leave the game. He/she must remain off court until the opposition have scored a goal. It is possible to have 2 or 3 players off the court at the same time depending on whether consecutive goals are scored before the opposition is able to score.

Scoring:

- 1 point is awarded per goal if all players are on the court irrespective of where the goal is scored from.
- 2 points are awarded if 1 player is off the court.
- 3 points are awarded if 2 players are off and so on.

Players can only be substituted while off the court after scoring a goal. This encourages all players to attempt to score a goal.



# Hoops, Hats, Bases 'N' Bags

## Equipment:

10 witches hats, 10 hoops, 10 beanbags, 10 bases, a whistle for the teacher.

## Area:

Large grassed area.

## How To Play:

The equipment is set out in 4 separate areas about 30 metres from a central point where the teacher stands. The children stand around the teacher at this central point and wait for a command.

On "hats" the children run to the hats. The first 10 children there with a foot on a hat are safe. The remaining children must do 10 sit-ups or perform a short dance (all for fun of course). The children all return to the centre on the whistle and the teacher alternates the commands.

