



## **For The Teacher**

**Early Primary Year – Kindergarten/Transition/Prep/Reception/Pre-Primary**

**Week 6**

**Title**            **Exercise Treasure**

**Theme**           **Using Leisure Time for Physical Activity**

### ***Overview***

Students will participate in a “Treasure Hunt” to find exercise treasure cards placed around the school yard.

### ***Time Required***

40 minutes

### ***Preparation***

Two copies of each of the treasure cards will need to be strategically placed around the school yard with any required equipment. Teacher will need to create the 12 treasure cards based on the activities described below. Suggestions have been provided for how many times each activity should be completed, but teachers may show some discretion when developing these cards based on their students’ abilities.

- A copy of the Student Activity sheet per each pair
- 2 x large soft balls
- 6 x tennis balls
- 20 x hoops
- 4 x basketballs or similar
- 12 x Year 5 or 6 students (buddies) to help Prep groups

### ***Background information and discussion points***

A Treasure Hunt is a game where participants find hidden articles, for this activity the hidden articles will be exercise cards. Students will work in pairs, with a buddy, to find 6 different exercise cards. Once they find the cards they will need to perform each activity described on the card, mark it complete on their Student Activity Sheet and then try and find the next card until they have found all six cards.

Students are not required to complete the same card twice; there are 2 sets of cards to ensure that there are enough cards around for each of the pairs to be active. So if they find a duplicate card tell them to ignore it and move on to find one that they have not completed. Help will be provided from Year 5 or 6 buddies who will assist younger students by demonstrating the activities and helping them fill in their cards. If you cannot receive help from older students ensure that you can see all the students all the time.



Exercise cards instructions can be written, include a diagram or both.

**Exercise Card 1** – 10 star jumps then marching on the spot for 30 marches

**Exercise Card 2** – Rolling a ball to a partner (10 - 15 times)

**Exercise Card 3** – Throwing a ball to a partner using an underarm toss (10-15 times)

**Exercise Card 4** – Jumping into 10 hoops and repeat. Set this activity up behind a tree, some equipment or somewhere not too obvious and be on a non-slip surface such as grass.

**Exercise Card 5** – Throwing and catching a bean bag (or similar) to themselves (10 times)

**Exercise Card 6** – Use both hands to bounce a ball continuously (10-15 times)

### **Support Materials and References**

#### **For Kids**

1Seven article: [Team Up For Good Times](#)

1Seven article: [Make Like A Caveman](#)

#### **For Teachers & Parents**

1Seven article: [Time To Activate Kids](#)

1Seven article: [Think Creatively & Get Your Child Moving](#)

### **Thinking Strategies**

#### **Bloom's Taxonomy**

Remember	Understand	Apply	Analyse	Create	Evaluate
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#### **Gardner's Multiple Intelligences**

Verbal/ Linguistic	Bodily/ Kinesthetic	Musical	Logical/ Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
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#### **Edward De Bono's Six Thinking Hats**

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
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### **Student Learning Tasks**

1. Ask students if they have ever been on a treasure hunt? What were they looking for? Explain that this activity is an exercise treasure hunt where they will perform different exercises each time they find a treasure card.
2. Demonstrate to the Prep and 5 + 6 students what is required on each of the cards - ask some of the 5 + 6 student to demonstrate to the Preps. Ensure the 5 + 6 students know how many times each activity will need to be performed.
3. Distribute Student Activity Record Sheets to each pair and inform them that as they complete each card they need to mark off the card number on their record sheet.
4. Divide students into pairs and give them 20 minutes to complete the Treasure Hunt. Don't forget to tell the students that they are only required to do each activity once.

