



## **For The Teacher**

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

**Week 8**

**Title**            **Playing Locally**

**Theme**           **Sport and Recreation in the Community**

### ***Overview***

Students will investigate the local sporting and recreational facilities used by the class and their families during leisure time.

Students will be reminded about being SunSmart while playing outside.

Students will play Frisbee in small groups.

### ***Time required***

40+ minutes

### ***Preparation***

Copies of the student activity sheet to send home so students can complete with a parent/guardian/carer. The sheet encourages the parent/guardian/carer to think about the local parks and facilities that they use on weekends and after school.

Enough Frisbees for students to play in groups of 2 or 3. If Frisbees are not available, provide an alternate item such as beanbags, balls etc.

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

The aim of this exercise is to give students and their parent/guardian/carer new ideas about being physically active in their local area. To succeed in supporting positive behaviours like physical activity it is important to share the learnings of school with the home environment, i.e. to take learnings beyond the school setting, into the families and wider community settings.

Every suburb or municipality has its own unique parks, recreation centres or facilities for use by its community. Knowing what is available within the local area can have a dramatic impact on individuals participating in physical activity. Some students may be excited about a bike track, trampolining or a martial arts club.

Surveying families and sharing ideas can help inform the students of what is available in their local area. It may be beneficial to produce a summary of places and activities established by the survey, to send home with each student.

### ***Points to Remember***

The sun has potentially harmful UV (ultraviolet) rays. The correct type of hat, appropriate clothing and shade are the best ways of protecting skin from UV radiation.

Sunscreen can protect any remaining exposed skin by filtering out most UV radiation before it actually has contact with the skin. The ingredients in sunscreens absorb and even reflect UV radiation. It is recommended to use sunscreen with an SPF rating of 30+, which will provide maximum protection filtering out about 96 per cent of UV radiation. It is important to read the instructions carefully and re-apply the sunscreen as directed.





### Support materials and references

#### For Kids

- 1Seven article: [Exercise Skin Protection](#)
- 1Seven article: [Explore Your Surroundings](#)
- 1Seven article: [How Healthy Is Your Dog?](#)

#### For Teachers & Parents

- 1Seven article: [Active Parenting Required](#)
- 1Seven article: [Obesity A Community Issue](#)
- 1Seven article: [Parks Promote Fitness](#)

SunSmart Schools

[http://www.sunsmart.com.au/protecting\\_others/at\\_school](http://www.sunsmart.com.au/protecting_others/at_school)

### 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 where they go to play and what they do in their local area after school or on the weekend. Make a list of the student suggestions and put up in the class.
2. Students take home the activity sheet to complete with a parent/guardian/carer at home. In most cases, the parent/guardian/carer will need to record answers. This will encourage discussion
3. Students bring their home surveys to school and share the information with their class
4. Teacher adds these suggestions to the class list. These suggestions can then be sent home in newsletter or as a flyer.
5. The list of student activities can also be used as the basis for some fun class activities.
6. Take the students outside to a suitable space where they can play Frisbee in groups of 2 or 3. Ask the students to count how many times they can throw and catch the Frisbee without dropping it.

