



For The Teacher

Lower Primary Years 1 & 2

Week 2

Title Physical Activity

Theme Physical Activity and the Human Body

Overview

Students will participate in a series of activities that develop ball handling skills to experience the differences between physical activity of low and high intensity.

They will participate in a class discussion about the benefits of all different types of exercise.

Time required

60 minutes

Preparation

Equipment:

- 15 round balls
- 30 cones or markers – or enough cones per child for the class
- 15 netballs or similar
- 5-10 Australian Rules footballs

Background information and discussion points

There are three main intensities of exercise: low, medium and high. For good health it is important to participate in a range of all three exercise intensities.

Adults require adequate warm up before engaging in medium to high intensity exercise, this is achieved by completing variations of low intensity exercise which can then be graduated to medium or high intensity.

The difference between low intensity and high intensity exercise for a child is not as great as for an adult because children only generate a small amount of speed and power.

Examples for low, medium and high intensity exercise for children include:

- low – walking
- medium – very slow running, slow skipping, playing on some play equipment, e.g. using a slide, playing Frisbee, flying a kite (when running to get the kite in the air)
- high – Fast running, skipping, cycling and swimming, continuous swinging and crossing on the monkey bars



Playing sport involves a range of low, medium and high intensity output at different stages of play. When AFL players are watching play from the other end of the field, they will be engaged in low intensity activity such as, walking and jogging in their position.

After a goal is scored in netball, the ball is brought back into the centre allowing the players, who may have been involved in running and chasing with high intensity, time to get back into position and giving them a small amount of time to recover.

Being physically active is not only fun but good for your overall health and fitness.

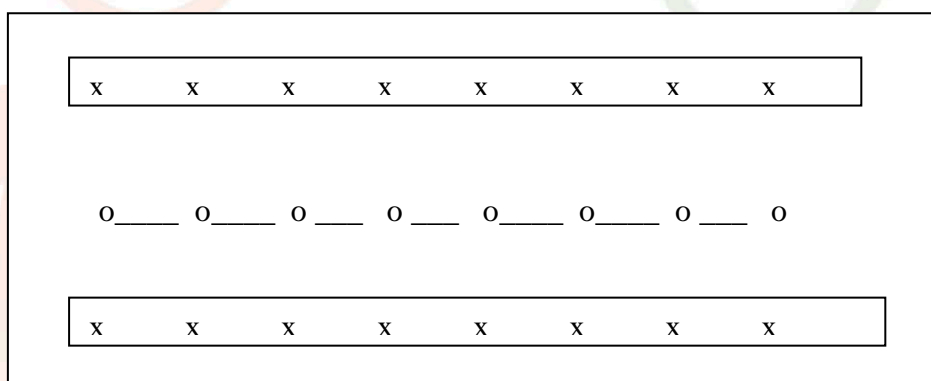
Physical activity helps:

- burn energy and control body weight
- maintain muscle condition and heart & lung function
- connect with other people
- release 'endorphins' which are chemicals that make you feel good
- sleep better and have greater concentration
- give you energy to do other things
- feel relaxed and get rid of anger

Activities

1. Ball Bounce – high intensity

a) Set up two rows of cones that are placed 15-20 metres apart. Ensure that there is ample space between the cones that make the row. Place round balls half way between the two rows of cones as below. The balls should be placed on a marked line so the students have a reference point.



b) Split the class into two groups with each child standing at a cone.

c) All the students standing in one row will begin by running to the centre and picking up the ball. They then continuously bounce the ball while running to their partner at the other end. They must run around their partner and run back to the centre. The student puts the ball back in the centre and runs back to their cone. When they get to their cone their partner commences the same activity. Continue for a few minutes.



2. AFL Passage of play – Low and High Intensity

In pairs, students use a round ball (for students that have very good ball skills you could give them an AFL ball for this activity) - one player kicks the ball long, the other player chases the ball and then runs back to their partner, bouncing the ball a few times while running. Swap roles and continue for five minutes. Ensure that there is adequate space between each group and students only kick when the teacher signals that it is safe to do so.

3. Netball Chest Pass – Low Intensity

In pairs, students chest pass a netball back and forward, standing two metres apart. Count how many catches they can achieve without dropping the netball. Continue for 3-5 minutes.

Support materials and references

For Kids

1Seven article: [Why Exercise?](#)

1Seven article: [Why Does Exercise Feel Good?](#)

1Seven article: [Build Better Bones](#)

For Teachers & Parents

1Seven article: [Resistance Far From Useless](#)

1Seven article: [Gymnastics Builds Up Bones](#)

1Seven article: [Sleep Soundly After Exercise](#)

1Seven article: [Meditations on Exercise](#)

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
	*					*	

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
*	*		*		



Student learning tasks

1. Play warm up game – Late for School
Students begin by lying on the ground pretending to be asleep. Teacher blows a whistle indicating that it is time to wake up and get ready for school as they are late. Everything they do must be done on the spot and in a hurry. The teacher will need to provide a running commentary of the actions required such as: run to the kitchen, eat your breakfast, brush your teeth and hair, get dressed, grab your school bag, run outside, forgot your lunch, run back to the kitchen, ride to school, put your bike away, run to your class etc.
2. Complete physical activities 1-3 detailed in Background information and discussion points.
3. Facilitate a class discussion about the benefits of physical activity and fitness – discussing both low and high intensity exercise, feelings, changes to their bodies etc. For example “How did you feel during and after you ran?” “What was your heart doing? “ , “Did your breathing change?”
4. Create a list of low intensity and high intensity activities within a variety of different sports such as AFL football, netball, cycling, gymnastics, etc.

