



For The Teacher

Lower Primary Years 1 & 2

Week 8

Title Local Parks

Theme Sport and Recreation in the Community

Overview

The class will take a walk to a local park or sporting facility to discover its features and see how it can be used by the community to provide physical activity options.

Time Required

60+ minutes – depending on how long it takes to walk to the desired location

Preparation

Find a local park or sporting facility in walking distance from your school using a street directory or www.whereis.com.au

Organise necessary excursion/permission forms and extra adult supervision.

You may wish to visit the area before taking the students, to familiarise yourself with landmarks and features.

A collection of equipment. The students can choose something they would like to play with that they may also have at home such as balls, skipping ropes, Frisbees etc.

Background information and discussion points

Local parks and recreation centres are in almost every suburb. They are designed for the community to use and enjoy.

Making your students aware of the facilities in their local area may encourage greater use and participation, there by increasing physical activity with family and friends during leisure time in the future.

Support materials and references

For Kids:

1Seven article: [Explore Your Surroundings](#)

For Teachers & Parents:

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

1Seven article: [Obesity A Community Issue](#)

1Seven article: [Is Your Suburb Affecting Your Health](#)

1Seven article: [Parks Promote Fitness](#)

Healthy Park, Healthy People, Parks Victoria
<http://www.parkweb.vic.gov.au/1grants.cfm>





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

- Investigate student awareness and understanding of the different parks and recreation centres in their local area.
 - Where are they?
 - What types of recreation centres are close by? (Football ovals, bike tracks, walking trails, community centres, etc.)
 - Who uses them?
- Take the students for a walk to a local park or recreation centre to explore. Offer the students the opportunity to take a variety of equipment with them to play with at the facility.
- Allow your students some recreation time to play and enjoy. They could use the equipment and features there, or the equipment they brought from school.
- After the excursion, create a classroom list of things to do at the excursion site. Encourage your students to go home and share these ideas with family and friends.