



## **Student Activities**

**Title**                    **Modified Sports**

**Theme**                   **Skills Drill**

### ***Introduction***

To play any game of sport, specific skills need to be practised. When playing a ball sport you need to be able to run, kick, leap, jump, throw and dodge.

Physical activity over time causes the body to become hot and sweaty. To help cool your body you need to drink water.

### ***Learning Tasks***

You will be playing an invasion game.

If you are playing outside, remember to be sun smart, making sure you have a hat and have applied sunscreen as well as had a drink of water.

1. Follow your teacher's instructions for a short warm up session.
2. Play the first half of the game and then stop for a half-time break to have a short rest and some more water.
3. Complete the game and have another drink of water.
4. Take your pulse. Describe how it feels.
5. Cool down with some longer stretches.
6. Take your pulse again. Does it feel any different now you have cooled down?
7. What skills do you think were developed or improved by playing the game?
8. Discuss the following:

How could this game be modified to increase the skills that were practiced or introduce a new skill to practice?

How could this game be modified to make it more difficult to play?

When time permits, play the game using some of these modifications and then discuss differences.

Have fun and enjoy the chance to be physically active.

