



Student Activities

Title **Changing the Game**

Theme **Skills Drill**

Introduction

Most sporting codes have modified versions of their games where the rules, equipment and field size are changed slightly to be safer and encourage greater participation.

The sun has harmful rays called UV (Ultra Violet) rays that can burn your skin. Wearing a hat and applying sunscreen can reduce your skins exposure to the sun. Be sure to be SunSmart while playing outside.

Learning tasks

You will be creating your own version of a modified game.

1. As a class, decide on one sport to modify.
2. Brainstorm different ways the chosen game could be modified by substituting one piece of equipment or rule. For example, playing netball with a tennis ball or playing AFL football with only kicking or only handballing.
3. Split the class into two groups so that two separate games can be played at the same time. Play the game for 15-20 minutes.
4. Discuss why two smaller groups of students playing the game are more beneficial than playing as a whole class.

Don't forget to have a short warm up session to prepare your body for physical activity and then warm down once finished.

