



## For The Teacher

### Upper Primary Years 5 & 6

#### Week 5

**Title**            **Changing the Game**

**Theme**           **Skills Drill**

#### **Overview**

Students will change one aspect of a modified sports game for the fun and novelty of it. This may encourage greater participation by students who may not have been enthusiastic about playing such games in the past.

Students will then discuss the benefits of playing in two smaller groups rather than a whole class. For example greater participation by all students, more opportunities to develop skills and increased activity time.

The effects of UV (Ultra Violet) light will be discussed and students will be encouraged to be SunSmart.

#### **Time required**

50 minutes

#### **Preparation**

Give the students the opportunity to choose one sport they would like to modify.

Collect the appropriate equipment.

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

Most sports codes can be played with modified rules that make them safer and more manageable for children. Some examples of ways in which the sports are modified can include:

- reduced playing field
- softer and smaller equipment
- changes to some rules, e.g. no tackling
- shorter playing time

Some examples of sporting codes and their modified games are listed below in the support materials and references.

As part of the preparation before playing a game, students will need to stretch the muscles in the legs, arms and back and complete some gentle aerobic exercises, such as walking, jogging with changes in direction, and high-knee marching. After the game, holding the stretches for slightly longer will help students' cool down.





## Stretching

[Click Here](#) for Stretching Resource

All stretches should be held for 20 seconds. Use a method of counting such as one (one thousand), two (one thousand), three (one thousand) and so on to ensure that the children don't count too fast.

SunSmart Schools

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

The weather section of the daily metropolitan newspapers provides the UV Index. An interesting point to discuss is that it does not have to be sunny to get a high UV alert. Students can monitor the UV Index over a period of time.

## Support material and references

### For Teachers & Parents

1Seven article: [Disability No Barrier](#)

1Seven article: [Think Creatively & Get Your Child Moving](#)

1Seven article: [Make Time For Team Sports](#)

[AFL Auskick Football](#)

[San Remo Net-Set-GO!](#)

[Better Health Victoria: Water – A Vital Nutrient](#)

## 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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