



For The Teacher

Upper Primary Years 5 & 6

Week 8

Title **Playing with Friends**

Theme **Sport and Recreation in the Community**

Overview

Students will devise a plan for getting active in their leisure time with a family member or friend who lives close by.

Any part of the home, such as driveway, backyard, or the local park or playground could be utilised for this activity, with as little equipment as a ball.

Time required

40 minutes

Preparation

Gather a variety of sporting equipment such as an assortment of balls and bats, skipping ropes, elastics, hoops, bean bags, etc.

If your school lacks a variety of such equipment then preparation time would need to include making new equipment. Ideas could include making a ball from paper wrapped in sticky tape or plastic wrap, a skipping rope made from old rope or a bat made from a rolled up newspaper taped together.

Background information and possible discussion points

The session aims to encourage children to be more active during their leisure time. Years ago children would organise mini competitions, activities or games in the street, a backyard or on a driveway with little fuss and effort. Many sporting heroes fondly talk about their childhood memories of the countless hours spent playing such games with anyone they could find of any age or ability.

Once the students have devised their activities, allow 15-20 minutes for them to play at least one game or activity each. It is important to let the students see and share their activities and games, thus exposing them to a wide variety of alternatives and other creative ways of using the same equipment.



Support materials and references

For Kids

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

For Teachers & Parents

- 1Seven article: [Time to Activate Kids](#)
- 1Seven article: [Catch the Walking Bus](#)
- 1Seven article: [Stroll to School a Healthy Habit](#)
- 1Seven article: [Embrace Outdoors Play](#)

[Sports and Recreation - Queensland Government](#)

[Healthy Living Online – Victorian Government](#)

[Healthy Kids – NSW Government](#)

Thinking strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
		*			

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
					*

