



# GetActive@Home

## Week 1

Stage 1

School Sport Unit

# GetActive@Home

The [GetActive@Home resources](#) are available to support teachers and parents/carers in keeping students active either at home or to supplement Physical Education programs at school. There are 17 GetActive@Home episodes to engage students in K-2 and 3-6. The episodes and teacher resources are linked to the NSW PDHPE K-10 syllabus.

The resources in this PowerPoint can be included in the Week 1 remote learning unit of work to get students more active, more often, and to support schools in providing students with 150 minutes of physical activity each week as outlined in the Department of Education's Sport and Physical Activity policy.

Further information, resources and skill activity packages can be found on the [School Sport website](#).

# GetActive@Home episodes



- The GetActive@Home videos aim to lead students through activities that will develop their foundational and specialised movement skills. Developing these skills is important for students to build the confidence and competence to participate in a range of physical activities during their school years and throughout the rest of their lives.
- The challenge tasks following each video provide students with fun and engaging activities to practise the movement skill.

Further information, resources and skill activity packages can be found on the [School Sport website](#).

# Day 1

## Catching

Follow the link below to watch the episode and join in the catching fun with Sam and Victor.

[GetActive@Home – Episode](#)



# Catching challenges

## GetActive@Home

### Episode 1 - Catching

Stage 1

#### Challenges

- Throw and catch.
- Throw, clap and catch - throw the ball in the air and clap as many times as possible before trying to catch the ball.
- Throw, spin and catch - throw the ball in the air and try to spin on the spot before catching the ball.
- Drop and catch - drop the ball from shoulder height and try to catch it before it hits the ground.

#### Mega Challenges

- Throw and catch while running on the spot.
- Creative challenge - move in any way you can while throwing and catching the ball.

#### Other variations

Using a wall or with a partner try:

- Two handed catching.
- One handed (dominant/non-dominant) use a big ball/object to make it easier.



#### Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

**PD1-4** performs movement skills in a variety of sequences and situations.

**PD1-11** incorporates elements of space, time, objects, effort and people in creating and performing simple movement sequences.

#### Sample questions

Where do you look to catch the ball?

Why do we 'soften the nest' when catching a ball?

How can we move our feet to help catch a ball?

#### Teaching cues

Throw the ball - 'toss the egg'.

Eyes on the ball - 'laser eyes'.

Arms extended and hands together - 'make the nest'.

Bend the knees and slightly lower hands - 'soften the nest'.

#### Equipment

Ball, soft toy, pair of rolled up socks.

## Day 2

### Throwing - underarm throw

Follow the link below to watch the episode and join in the throwing fun with Sam and Victor.

[GetActive@Home – Episode](#)



# Underarm throw challenges

## GetActive@Home

### Episode 2 - Underarm throw

Stage 1

#### Challenges

Perform the following underarm throwing activities with a ball.

- From a close distance, throw the ball at a set target.
- Set markers at varying distances to throw the ball at the target.

#### Mega Challenge

- Set varying distances from the target. Perform three body weight squats, then throw the ball at the target.
- Repeat this sequence using dominant/non-dominant hand.

#### Creative Challenge

- Move the body any way you can while throwing the ball at the target.

#### Other variations

With a partner try:

- choosing different starting positions for the ball before throwing it at the target.
- marking out a set distance for relay running in between throwing the ball at the target.
- trying combining different fitness infusion activities for example, performing a set number tuck jumps.



#### Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

**PD1-4** performs movement skills in a variety of sequences and situations.

**PD1-11** incorporates elements of space, time, objects, effort and people in creating and performing simple movement sequences.

#### Sample questions

Where do you look when throwing? (Technical)

How do you move to make throwing easier? (Tactical)

What do we say to make throwing easier? (Reinforce)

#### Teaching cues

Eyes on the target (laser eyes).

Step forward (opposite leg to throwing arm).

Throwing arm back then forward (smiley arm).

Point at the target.

#### Equipment

Ball, soft toy or rolled up pair of socks .

# Day 3

## Throwing - overarm throw

Follow the link below to watch the episode and join in the throwing fun with Sam and Victor.

[GetActive@Home – Episode](#)





# Overarm throw challenges

## GetActive@Home

### Episode 3 - Overarm throw

Stage 1

#### Challenges

Perform the following throwing activities using a bean bag, ball or similar.

- From a set distance, throw towards positioned targets.
- Play a game of throw, catch, return with a partner.
- Throw to a partner using dominant and non-dominant hand.

#### Mega Challenge

- Set targets at varying levels to challenge throwing accuracy.
- Throw to a partner over varying distances.

#### Creative Challenge

- Combine different movements such as hopping and spinning around whilst throwing at set targets or to a partner.

#### Other variations

With a partner try:

- Choosing different starting positions for the ball before throwing it at the target.
- Marking out a set distance for relay running in between throwing the ball at the target.
- Trying combining different fitness infusion activities for example, performing a set number of jumping jacks before throwing.



#### Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

**PD1-4** performs movement skills in a variety of sequences and situations.

**PD1-11** incorporates elements of space, time, objects, effort and people in creating and performing simple movement sequences.

#### Sample questions

How do you use your eyes to hit a target? (Technical)

How hard do you throw the ball to a partner? (Tactical)

Why do we use our feet and arms to throw? (Reinforce)

#### Teaching cues

Stand side on to the target and extend non-throwing arm. Throwing arm downwards then up (smiley face).

Step opposite leg forward (step over the creek).

Throw the ball and follow through (shoot the star).

#### Equipment

3 bean bags, balls or similar.

3 small items such as field markers to set as targets.

# Day 4

## Advanced throwing

Follow the link below to watch the episode and join in the throwing fun with Sam and Victor.

[GetActive@Home – Episode](#)



# Resources

Follow the links below to view and/or print the GetActive@Home resources

- [Activity logbook](#)
- [Active challenger award](#)
- [K -2 student homework proforma](#)