



GetActive@Home

Week 1

Stage 3

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.

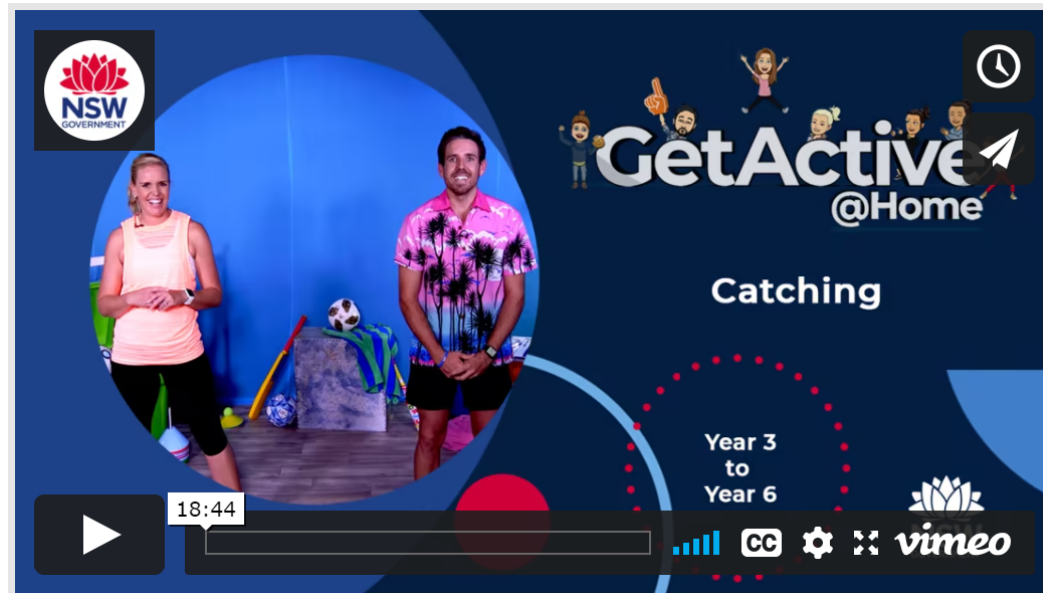
Further information, resources and skill activity packages can be found on the [School Sport website](#).

Day 1

Catching

Follow the link below to watch the episode and join in the catching fun with Adam and Elissa.

[GetActive@Home – Episode](#)



Catching challenges

GetActive@Home

Episode 1 - Catching

Stage 3

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, clap and catch - throw the ball in the air and try to spin on the spot and clap before catching the ball.
- Kneel, sit, throw and catch - kneel or sit on the ground, throw the ball in the air and try to stand before catching the ball.

Mega Challenges

- Flick and catch - place the ball in between your feet on the ground. Throw the ball forward with one hand and try to catch with the other.
- Bunny hop and catch - place the ball in between your feet on the ground. Grab the ball with your feet, jump, release then catch.
- 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.

PD3-4 adapts movement skills in a variety of physical activity contexts.

PD3-11 selects, manipulates and modifies movement and concepts to effectively create and perform movement sequences.

Sample questions

How do you move your body when catching a high or low ball?

How do you move your hands when catching a fast or slow ball?

Teaching cues

Throw the ball - 'toss the egg'.

Eyes on the ball - 'eyes on the prize'.

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

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

Equipment

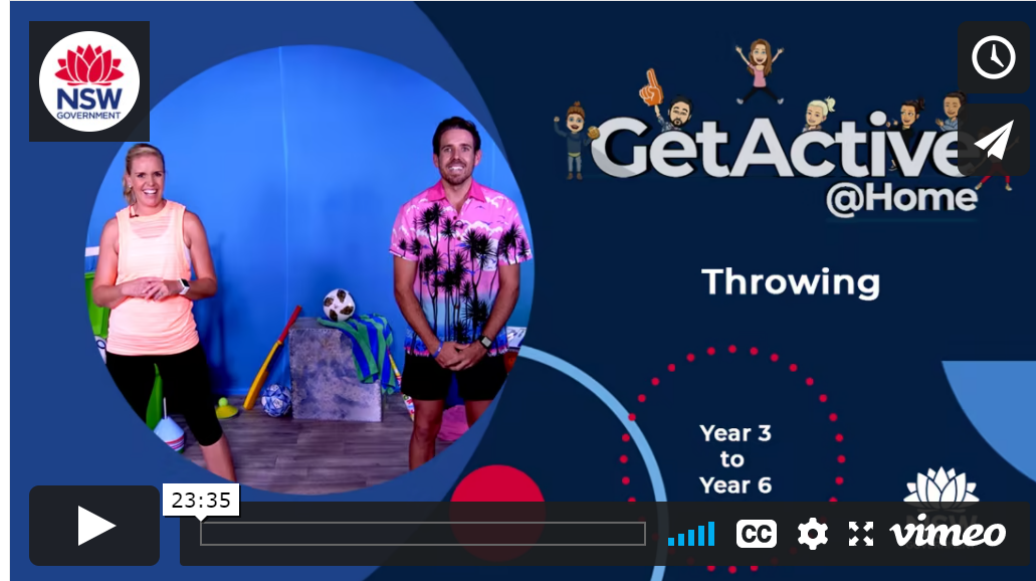
Ball, soft toy, pair of rolled up socks.

Day 2

Throwing - underarm throw

Follow the link below to watch the episode and join in the throwing fun with Adam and Elissa.

[GetActive@Home – Episode](#)



Underarm throw challenges

GetActive@Home

Episode 2 - Underarm throw

Stage 3

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 Challenges

- Set out a number of balls at varying distances from the target. Perform five 'ice skater' movements (step one foot to the side then bring the other foot in behind) before throwing the ball at the target. Then complete a standing long jump to the next ball before repeating the sequence.
- Creative challenge: Repeat the sequence and create varying throwing positions using dominant/non-dominant hand.

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
- combining different fitness infusion activities for example, performing a set number tuck jumps before throwing.



Suggested PDHPE Outcomes

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

PD3-4 adapts movement skills in a variety of physical activity contexts.

PD3-11 selects, manipulates and modifies movement and concepts to effectively create and perform movement sequences.

Sample questions

How can you combine foot and body movement to create more challenging throwing positions?

How can you use your eyes to create more awareness of your surroundings whilst throwing?

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

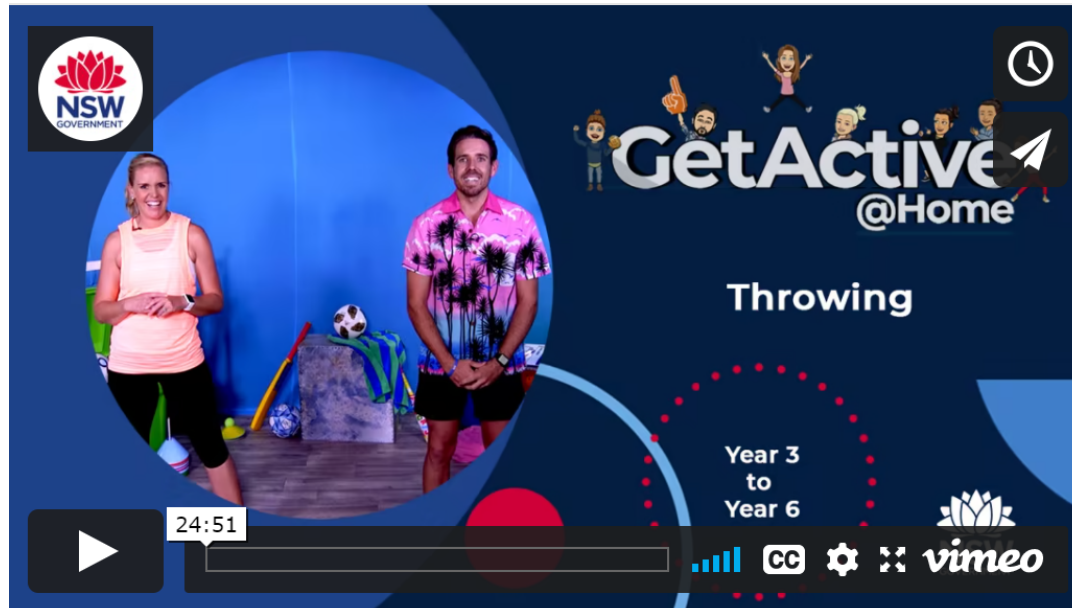
Ball, soft toy or rolled up pair of socks .

Day 3

Throwing - overarm throw

Follow the link below to watch the episode and join in the throwing fun with Adam and Elissa.

[GetActive@Home – Episode](#)



Overarm throw challenges

GetActive@Home

Episode 3 - Overarm throw

Stage 3

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.

Mega Challenge

- Set targets at varying levels and distances to challenge throwing accuracy.
- Throw to a partner while they are moving.

Creative Challenge

- Combine different movements such as hopping and ball handling combinations 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 running to receive a ball from your partner.
- Try combining different fitness infusion activities for example, performing a set number of burpees before throwing.



Suggested PDHPE Outcomes

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

PD3-4 adapts movement skills in a variety of physical activity contexts.

PD3-11 selects, manipulates and modifies movement and concepts to effectively create and perform movement sequences.

Sample questions

How can we combine hand and foot movement to throw?

Where do we look when our target is moving?

How do we combine accuracy and force when throwing towards a moving target?

Teaching cues

Stand side on to the target (warrior pose).

Throwing arm at side then up (thumb to thigh, ball to the sky).

Step opposite leg forward.

Throw the ball and follow through.

Equipment

3 bean bags, balls or similar.

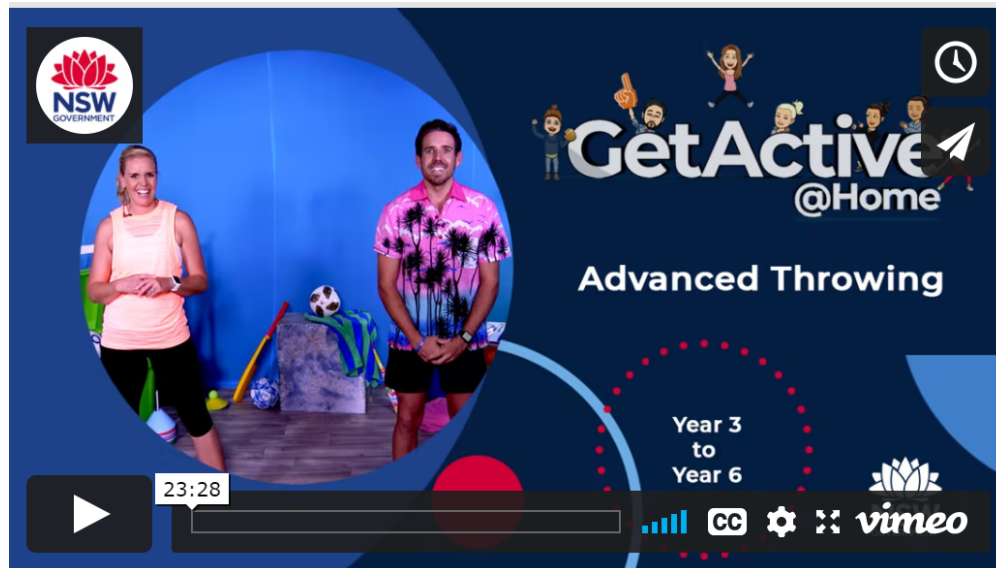
3 small items or a wall to use as a target area.

Day 4

Advanced throwing

Follow the link below to watch the episode and join in the throwing fun with Adam and Elissa.

[GetActive@Home – Episode](#)



Resources

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

- [Activity logbook](#)
- [Active challenger award](#)
- [3 - 6 student homework proforma](#)