

Teacher Support Document (Assessment)

Since March 2020, school and community sport has been on a hiatus. Without a doubt this has impacted students' physical activity levels and the development of movement skills.

Utilising the [GetActive@Home](#) series of episodes is a great way to make up for lost time. This fantastic resource can be utilised either **in school** or as **physically active homework** to engage students in the practise of foundational and specialised movement skills.

How can I use these in school?

The GetActive@Home episodes are a great resource to assist teachers in the delivery of movement skill practise in a fun and engaging manner. These activities allow for students to work individually or in small groups and the episodes can be facilitated in the classroom, a school hall with audio/video capabilities or outside on an oval.

The videos can be viewed sequentially as per the focus of each skill category (see the example below), incorporated into an existing Physical Education program or could be randomly selected to view all at once or in segments as classroom energiser breaks.

Teachers can access a range of supporting resources such as lesson guides, assessment proformas and [activity challenge cards](#). There is also an In-School/Homework Tracking Sheet for students to record their progress.

How can I use these for homework?

Do you set your students homework? Do you set physically active homework? The GetActive@Home episodes are a great resource to support the learning of movement skills at home. Linking this to the PSC 10 week Challenge is a great way to motivate students to view and complete as many episodes as possible.

1. Print out the homework tracking sheet, this can be completed over a one or two week period.
2. Students view and complete each episode over the set period.
3. Students record their progress on their homework sheets.
4. Teachers periodically check their progress using the assessment proformas.

Sample activity framework

Week	Category	Activities	In-school/ homework resources
1-2	Throwing and catching (4 episodes)	Students view and complete throwing and catching episodes.	- GetActive@Home in-school/ homework sheet - Teacher episode guide - bit.ly/DoEGetActive
End of week 2		Teacher assesses students' throwing and catching	Assessment tool
3-4	Striking (3 episodes)	Students view and complete striking episodes.	- GetActive@Home in-school/ homework sheet - Teacher episode guide - bit.ly/DoEGetActive
End of week 4		Teacher assesses students' striking	Assessment tool
5-6	Body Control (4 episodes)	Students view and complete body control episodes.	- GetActive@Home in-school/ homework sheet - Teacher episode guide - bit.ly/DoEGetActive
End of week 6		Teacher assesses students' body control	Assessment tool
7-8	Bouncing and Dribbling (2 episodes)	Students view and complete bouncing and dribbling episodes.	- GetActive@Home in-school/ homework sheet - Teacher episode guide - bit.ly/DoEGetActive
End of week 8		Teacher assesses students' bouncing and dribbling	Assessment tool
9-10	Kicking and Dribbling (3 episodes)	Students view and complete kicking and dribbling episodes.	- GetActive@Home in-school/ homework sheet - Teacher episode guide - bit.ly/DoEGetActive
End of week 10		Teacher assesses students' kicking and dribbling	Assessment tool

Assessment Support Guide

This assessment framework can be used to track student achievement of the skill components for each skill category outlined as part of the Get Active videos and lesson guides. This assessment can form part of a wider evidence set for reporting on achievement of Personal Development, Health & Physical Education outcomes. Use the skill component teaching cues reference guide to assist in making judgements on the level achieved.

These activities may address the outcomes listed as part of a whole school Personal Development, Health & Physical Education scope and sequence.	
<p>Early Stage 1</p> <p>PDe1-4 performs movement skills in a variety of sequences and situations.</p> <p>PDe1-11 incorporates elements of space, time, objects effort and people in creating and performing simple movement sequences.</p>	<p>Stage 2</p> <p>PD2-4 performs and refines movement skills in a variety of sequences and situations.</p> <p>PD2-11 combines movement skills and concepts to effectively create and perform movement sequences.</p>
<p>Stage 1</p> <p>PD1-4 performs movement skills in a variety of sequences and situations.</p> <p>PD1-11 incorporates elements of space, time, objects, effort and people in creating and performing simple movement sequences.</p>	<p>Stage 3</p> <p>PD3-4 adapts movement skills in a variety of physical activity contexts.</p> <p>PD3-11 selects, manipulates and modifies movement and concepts to effectively create and perform movement sequences.</p>

Assessment Support Guide - Skill Component Teaching Cues

Developing proficiency	Approaching proficiency	Proficient
<ul style="list-style-type: none"> - Student consistently achieves up to one of the skill components set out in the teaching cues. - Student may appear to be taking time to think about the skill and how to execute it. 	<ul style="list-style-type: none"> - Student consistently achieves at least two of the skill components set out in the teaching cues. - Student may exhibit more frequent attempts and less errors are made. 	<ul style="list-style-type: none"> - Student consistently achieves three or more of the skill components set out in the teaching cues. - Student may exhibit many attempts and few if any errors are made.

Skill category: Throwing and catching

	Episode	Teaching cues
	Years K-2	Years 3-6
Episode 1 Catching	<ul style="list-style-type: none"> - 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'. 	<ul style="list-style-type: none"> - 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'.
Episode 2 Underarm throw	<ul style="list-style-type: none"> - Eyes on the target (laser eyes). - Step forward (opposite leg to throwing arm). - Throwing arm back then forward (smiley arm). - Point at the target. 	<ul style="list-style-type: none"> - Eyes on the target (laser eyes). - Step forward (opposite leg to throwing arm). - Throwing arm back then forward (smiley arm) - Point at the target.
Episode 3 Overarm throw	<ul style="list-style-type: none"> - Stand side on to the target and extend non-throwing arm. - Throwing arm downwards then up (smiley face). 	<ul style="list-style-type: none"> - 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.

	<ul style="list-style-type: none"> - Step opposite leg forward (step over the creek). - Throw the ball and follow through (shoot the star). 	<ul style="list-style-type: none"> - Throw the ball and follow through.
Episode 4 Catching	Cricket bowl <ul style="list-style-type: none"> - Start on knees. - Hold the ball, then extend the arm behind whilst extending the other arm forward (load the Angry Bird into the catapult). - Pull the forward arm down (pull the lever). - Bring the backward arm over the top, tickle the ear, then down and let go of the ball (launch the Angry Bird). 	Cricket bowl <ul style="list-style-type: none"> - Start on knees. - Hold the ball, then extend the arm behind whilst extending the other arm forward (load the catapult). - Pull the forward arm in (grab a star and put it in your pocket). - Bring the backward arm over the top, tickle the ear, then down and let go of the ball (catapult a star).
Episode 4 Catching	Chest pass <ul style="list-style-type: none"> - Bend the elbows with thumbs down (hold the ball). - Step over the creek (either foot). - Extend the arms (release the ball). - Thumbs down. 	Chest pass <ul style="list-style-type: none"> - Bend the elbows with thumbs down (hold the ball). - Step over the creek (either foot). - Extend the arms (release the ball). - Thumbs down.

Skill category: Striking

Episode	Teaching cues	
	Years K-2	Years 3-6
Episode 1 Hand & racquet control	<ul style="list-style-type: none"> - Flat hand or racquet face. - Laser eyes on the ball. - Try to tap lightly. - Move your feet to track the ball. 	<ul style="list-style-type: none"> - Flat hand or racquet face. - Eyes on the ball. - Try to tap lightly. - Move your feet to track the ball.
Episode 2 Forehand & backhand strike	<ul style="list-style-type: none"> - Stand side on to the target. - Striking arm back then forward (smiley arm). - Step forward (step over the creek). - Follow through. 	<ul style="list-style-type: none"> - Stand side on to the target. - Striking arm up, back, down and forward in one motion (over the bridge then through the tunnel). - Step forward and follow through.
Episode 3 Forehand & backhand strike	<ul style="list-style-type: none"> - Stand side on to the target. - Striking arm back then forward (smiley arm). - Step forward (step over the creek). - Small toss then follow through. 	<ul style="list-style-type: none"> - Stand side on to the target. - Striking arm up, back, down and forward in one motion (over the bridge then through the tunnel). - Small toss, then step forward and follow through.

Skill category: Foot skills and kicking

Episode	Teaching cues	
	Years K-2	Years 3-6
Episode 1 Laces kick	<ul style="list-style-type: none"> - Eyes on ball. - Big step. - Point toes. - Kick with the laces. 	<ul style="list-style-type: none"> - Eyes on ball. - Big step. - Point toes. - Kick with the laces.
Episode 2 Dribbling (feet)	<ul style="list-style-type: none"> - Tap the ball across the body with the inside of the foot. - Take a step - Then tap the ball back again with the outside of the foot. - Take a step (zig zag pattern) - Repeat the sequence. 	<ul style="list-style-type: none"> - Tap the ball across the body with the inside of the foot. - Take a step - Then tap the ball back again with the outside of the foot. - Take a step (zig zag pattern) - Repeat the sequence.

	<ul style="list-style-type: none"> or - Tap the ball with the outside laces area of the foot for each step taken 	
Episode 3 Foot rolling	<ul style="list-style-type: none"> - Foot on top of the ball then roll to make circles in both directions (apple slinky). - Foot on top of the ball then roll from heel to toe (peel the banana). - Foot on top of the ball then roll from side to side (rockmelon). - Foot on top of the ball then roll out in front, step, then catch with the other foot, repeat sequence forwards and backwards (move the mango). 	<ul style="list-style-type: none"> - Foot on top of the ball then roll from side to side (sushi rolls). - Foot on top of the ball then roll out in front, step, then catch with the other foot, repeat sequence forwards and backwards (sausage rolls). - Foot on top of the ball then roll across the body, step, roll again then catch with the other foot. Repeat the sequence using both feet (toilet roll). - Foot on top of the ball, roll across the body then perform two toe taps, then repeat the sequence (rock n' roll).

Skill category: Body control skills

Episode	Teaching cues	
	Years K-2	Years 3-6
Episode 1 Skipping	<ul style="list-style-type: none"> - Tuck elbows in. - Rotate the arms. - Bounce feet. - Eyes ahead. 	<ul style="list-style-type: none"> - Tuck elbows in. - Rotate the wrists. - Bounce feet. - Eyes ahead.
Episode 2 Hopping	<ul style="list-style-type: none"> - Stand on one leg arms out to the side, weight forward (rocket ready). - Bend knee slightly and spring up (rocket explode). - Land with knee bent (rocket land). 	<ul style="list-style-type: none"> - Stand on one leg weight on ball of foot (rocket ready). - Bend knee slightly and spring up (rocket explode). - Land with knee bent (rocket land).
Episode 3 Dance	<p>Making an omelette</p> <ul style="list-style-type: none"> - March on the spot, crack then add (eggs). - Hands up high & swivel or twist heels from side to side (cheese). - Heel taps (tomatoes). - Step to the side and throw it in (spinach). 	<p>Sports star moves</p> <ul style="list-style-type: none"> - Arms up over the head then dive (Thorpedo). - Double hop to the right then left and dribble (Jordan). - Hit a forehand and backhand with a hop in between (Barty). - Step to the side, place the foot behind on a lunge, then add a dab (Smith). - Move the feet inside left, inside right, around the back (Kerr)
Episode 4 Foundational movement	<p>Lunges: step first leg forward onto the heel then flat foot, lower rear knee toward the floor, bend the front knee with toes still visible, repeat the action with the other leg</p> <p>High knees running: raise knees until thighs are parallel to the floor, coordinate arms and legs, eyes ahead</p> <p>Bunny hops: hands on floor, crouch position, lean forward onto hands, kick both legs up and either forward or to the side, adjust hands and repeat</p> <p>Body weight squat (jump): feet slightly wider than shoulders, arms out in front, bend knees slightly forward, hips bend behind, lower to seated position, tuck in chin, eyes straight ahead (jump: explode upwards, swing arms behind, land with knees slightly bent)</p> <p>High plank: hands slightly wider than shoulders, toes into floor, tighten tummy, tuck in chin, hold position</p> <p>Low plank: forearms on the floor underneath shoulders, toes into floor, tighten tummy, tuck in chin, hold position</p> <p>Burpee: squat down, extend into a high plank, jump feet in to squat position, explode upwards (arms high)</p> <p>Mountain climbers: High plank, step forward with knee close to the same elbow, step foot back then alternate</p> <p>Jumping jacks: feet together/arms by side, simultaneously move feet apart and arms out and upward</p>	

	Donkey kicks: hands on floor, crouch position, lean forward onto hands, kick both legs up and back
	Tuck jumps: feet shoulder width apart, full squat, explode upwards, land knees slightly bent on balls of feet
	Sit ups: lie on the ground, bend knees, feet flat, cross arms over, slowly lift body up towards knees, keep feet flat
	High plank chest touches: high plank, lift one hand, touch the chest on opposite side, tighten tummy, repeat.

Skill category: Bouncing and dribbling skills

Episode	Teaching cues	
	Years K-2	Years 3-6
Episode 1 Bouncing & ball control (hands)	<ul style="list-style-type: none"> - Bend the knees. - Push the ball. - Eyes on the ball (laser eyes). - Catch with one or two hands (make the nest). 	<ul style="list-style-type: none"> - Bend the knees. - Push the ball with control. - Eyes forward.
Episode 2 Ball control & dribbling (hands)	<ul style="list-style-type: none"> - Bend the knees. - Push the ball. - Eyes on the ball (laser eyes). - Catch, flip then bounce with one hands (nest, flip, crack the egg). - Take a step after each bounce. 	<ul style="list-style-type: none"> - Bend the knees. - Eyes forward. - Push the ball (pat the dog). - Take a step after each bounce. - Move at speed.