

Teacher Support Document (Active Homework Years K-2)

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 |

GetActive@Home

Student name: _____

Throwing and catching skills

Episode link: bit.ly/DoEGetActive

| Catching Episode: 1 | | Underarm throw Episode: 2 | | Overarm throw Episode: 3 | |
|--|--------------------------|--|--------------------------|---|--------------------------|
| Learning cues | | Learning cues | | Learning cues | |
| <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'. | | <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"> - 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). | |
| Date: | | Date: | | Date: | |
| Challenges | Record | Challenges | Record | Challenges | Record |
| <ul style="list-style-type: none"> - Throwing, spinning, dropping from shoulder height and catching. | <input type="checkbox"/> | <ul style="list-style-type: none"> - Set some targets and practice throwing the bean ball or similar. | <input type="checkbox"/> | <ul style="list-style-type: none"> - Using some targets and a partner, practice throwing the ball or similar. | <input type="checkbox"/> |
| Mega challenges | Record | Mega challenges | Record | Mega challenges | Record |
| <ul style="list-style-type: none"> - Run on the spot, move your body any way you can while you throw and catch. | <input type="checkbox"/> | <ul style="list-style-type: none"> - Try using each hand and move your body into different positions while throwing the ball or similar at targets. | <input type="checkbox"/> | <ul style="list-style-type: none"> - Try using each hand and move your body into different positions while throwing the ball or similar at targets. | <input type="checkbox"/> |

Student name:

Throwing and catching skills

Episode link: bit.ly/DoEGetActive

| Chest pass Episode: 4 | | Cricket bowl Episode: 4 | |
|--|--------------------------|---|--------------------------|
| Learning cues | | Learning cues | |
| <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. | | <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). | |
| Date: | | Date: | |
| Challenges | Record | Challenges | Record |
| <ul style="list-style-type: none"> - Chest pass the ball against a wall or to a partner and count how many you can do before it hits the ground. | <input type="checkbox"/> | <ul style="list-style-type: none"> - Starting from the knees, bowl the bean bag towards a set target area or a partner's feet. | <input type="checkbox"/> |
| Mega challenges | Record | Mega challenges | Record |
| <ul style="list-style-type: none"> - Chest pass the ball against a wall or to a partner and take a step further away after each pass. | <input type="checkbox"/> | <ul style="list-style-type: none"> - Starting from the knees, bowl the bean bag towards a set target area or a partner's feet and take a step further away after each bowl. | <input type="checkbox"/> |

Student name:

Striking skills

Episode link: bit.ly/DoEGetActive

| Hand & racquet tapping Episode: 1 | | Forehand & backhand striking Episode: 2 | | Forehand & backhand striking Episode: 3 | |
|---|--------------------------|---|--------------------------|--|--------------------------|
| Learning cues | | Learning cues | | Learning cues | |
| <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"> - 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 back then forward (smiley arm). - Step forward (step over the creek). - Small toss then follow through. | |
| Date: | | Date: | | Date: | |
| Challenges | Record | Challenges | Record | Challenges | Record |
| <ul style="list-style-type: none"> - Tap the ball using the palm or back of the hand (or racquet). | <input type="checkbox"/> | <ul style="list-style-type: none"> - Tap the ball using the palm or back of the hand (or racquet) and try to use each hand. | <input type="checkbox"/> | <ul style="list-style-type: none"> - Practice forehand and backhand striking individually or with a partner using a balloon. | <input type="checkbox"/> |
| Mega challenges | Record | Mega challenges | Record | Mega challenges | Record |
| <ul style="list-style-type: none"> - Tap the ball using the palm or back of the hand (or racquet) while also running on the spot and hopping. | <input type="checkbox"/> | <ul style="list-style-type: none"> - Using the hand or a racquet, make forehand and backhand strikes with the ball towards a target. | <input type="checkbox"/> | <ul style="list-style-type: none"> - Practice forehand and backhand striking with a partner using a balloon. Make different body positions in between each strike. | <input type="checkbox"/> |

Student name:

Foot skills and kicking

Episode link: bit.ly/DoEGetActive

| Laces kick Episode: 1 | | Dribbling (feet) Episode: 2 | | Foot rolling Episode: 3 | |
|---|--------------------------|--|--------------------------|---|--------------------------|
| Learning cues | | Learning cues | | Learning cues | |
| <ul style="list-style-type: none"> - Eyes on ball. - Big step. - Point toes. - Kick with the laces. | | <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. or - Tap the ball with the outside laces area of the foot for each step taken. | | <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). | |
| Date: | | Date: | | Date: | |
| Challenges | Record | Challenges | Record | Challenges | Record |
| <ul style="list-style-type: none"> - Tap the ball slightly forwards with the laces area of the foot and roll back with the sole of the foot. Do this continuously using both feet. | <input type="checkbox"/> | <ul style="list-style-type: none"> - Use the inside and outside of the feet to cut the ball from side to side. | <input type="checkbox"/> | <ul style="list-style-type: none"> - Try foot rolling the ball in a range of different ways using the sole of the foot. | <input type="checkbox"/> |
| Mega challenges | Record | Mega challenges | Record | Mega challenges | Record |
| <ul style="list-style-type: none"> - Use the laces area of the foot to kick the ball towards a target. | <input type="checkbox"/> | <ul style="list-style-type: none"> - Use the inside, outside and laces area of the feet to dribble the ball in and out of some objects on the ground. | <input type="checkbox"/> | <ul style="list-style-type: none"> - Foot roll the ball across the body then used the inside of the foot to pass the ball to your partner. | <input type="checkbox"/> |

Student name:

Body control skills

Episode link: bit.ly/DoEGetActive

| Skipping Episode: 1 | | Hopping Episode: 2 | |
|--|--------------------------|---|--------------------------|
| Learning cues | | Learning cues | |
| <ul style="list-style-type: none"> - Tuck elbows in. - Rotate the wrists. - Bounce feet. - Eyes ahead. | | <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). | |
| Date: | | Date: | |
| Challenges | Record | Challenges | Record |
| <ul style="list-style-type: none"> - Form the shape of some letters with your body on the ground. Perform a skipping motion (without a rope) and try to skip around the shape of your chosen letters. | <input type="checkbox"/> | <ul style="list-style-type: none"> - Try running on the spot (fast, slow, high knees) followed by jumping quarter and half turns. Then try sitting in a 'V' position. | <input type="checkbox"/> |
| Mega challenges | Record | Mega challenges | Record |
| <ul style="list-style-type: none"> - Perform a skipping motion (with a rope). Beginning with one 'jump rope' rotation, try to work your way up to ten. | <input type="checkbox"/> | <ul style="list-style-type: none"> - Hop to create outlines of shapes and letters. Then hop between two markers while carrying objects. | <input type="checkbox"/> |

Student name:

Body control skills

Episode link: bit.ly/DoEGetActive

| Dance Episode: 3 | | Foundational movement Episode: 4 | |
|---|--------------------------|---|--|
| Learning cues | | Learning cues | |
| Making an omelette - 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). | | Body weight squat: 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 High knees running (on the spot): raise knees until thighs are parallel to the floor, coordinate arms and legs, eyes ahead High plank: hands slightly wider than shoulders, toes into floor, tighten tummy, tuck in chin, hold position Low plank: forearms on the floor underneath shoulders, toes into floor, tighten tummy, tuck in chin, hold position Jumping jacks: feet together/arms by side, simultaneously move feet apart and arms out and upward Bunny hops: hands on floor, crouch position, lean forward onto hands, hop both feet up and to the side, repeat sequence Tuck jumps: feet shoulder width apart, full squat, explode upwards, land knees slightly bent on balls of feet 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 | |
| Date: | | Date: | |
| Challenges | Record | Challenges | Record |
| - Perform the action for each ingredient of the omelette. Then chop, slice, dice, whisk and grate the ingredients to make the omelette. | <input type="checkbox"/> | 1- Player 1: jumping jacks (10) Player 2: throw, clap, catch (hands) 2- Player 1 and 2: perform chest passes (2), drop to a high plank position, repeat the sequence 3- Player 1: body wraps (5) and bounces (2) with a ball Player 2: tuck jumps 4- Player 1: lunges Player 2: toe taps (10-feet) 5- Player 1: roll the ball with the sole of the foot Player 2: shuttle runs between two markers 6- Player 1 and 2: side foot pass, followed by body weight squats (3), repeat sequence 7- Player 1: 10 tap ups with the palm and backhand Player 2: high knees running on the spot 8- Player 1: dribble the ball between two markers (feet) Player 2: bunny hops on the spot (5) 9- Player 1 and Player 2: underarm throw a ball to each other, hop to change places then repeat 10- Player 1 and Player 2: both take turns at changing the movement (creative) | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Mega challenges | Record | | |
| - Try 'making the omelette at different speeds. Slow: 'Sunday sleep in' / Regular: 'all day breakfast' / Fast: 'breaky on the go'. | <input type="checkbox"/> | | |

Student name:

Bouncing and dribbling skills

Episode link: bit.ly/DoEGetActive

| Bouncing & ball control (hands) Episode: 1 | | Bouncing & ball control (hands) Episode: 2 | |
|--|--------------------------|---|--------------------------|
| Learning cues | | Learning cues | |
| <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. - Eyes on the ball (laser eyes). - Catch, flip then bounce with one hands (nest, flip, crack the egg). - Take a step after each bounce. | |
| Date: | | Date: | |
| Challenges | Record | Challenges | Record |
| <ul style="list-style-type: none"> - Bounce the ball with one hand then catch it with two hands. Follow this with bouncing the ball with one hand and catching it in the palm of the same hand. | <input type="checkbox"/> | <ul style="list-style-type: none"> - Bounce the ball with one hand then catch, flip and bounce all in one motion. Try this while taking a step each time the ball is bounced. Then say a letter of your name each time you bounce to spell your full name. | <input type="checkbox"/> |
| Mega challenges | Record | Mega challenges | Record |
| <ul style="list-style-type: none"> - Bouncing the ball with one hand and catch it in the palm of the other hand. Repeat this bouncing the ball from one hand to the other while moving around. | <input type="checkbox"/> | <ul style="list-style-type: none"> - Perform three bodyweight squats followed by completing a 'figure 8' through the legs either with the ball in the air or by rolling it along the ground. | <input type="checkbox"/> |