

Teacher Support Document (Active Homework Years 3-6)

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

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 (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. 	
Date:		Date:		Date:	
Challenges	Record	Challenges	Record	Challenges	Record
<ul style="list-style-type: none"> - Throw and catch. - Throw, clap and catch. - Throw, spin, clap and catch. - Kneel, stand and catch. - Sit, stand and catch. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> - Throw the ball at a set target from a close distance. - Set markers at varying distances then throw the ball at the target. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> - Set a comfortable distance from the target to practice throwing the ball. - With a partner, play a game of 'throw, catch and return'. 	<input type="checkbox"/> <input type="checkbox"/>
Mega challenges	Record	Mega challenges	Record	Mega challenges	Record
<ul style="list-style-type: none"> - Flick and catch: Place the ball in between the feet on the ground. Flick forward then catch. - Bunny hop then catch: Place the ball in between the feet on the ground. Flick it up with the feet then catch. - Move any way you can while throwing and catching. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> - Set a number of balls at varying distances from a target. Perform five 'ice skater' movements before throwing the ball at the target. Then perform a standing long jump to the next throwing position then repeat the sequence. - Move the body into varying throwing positions and throw using dominant/non-dominant hand. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> - Throw the ball at targets set at varying distances and heights. - Throw to a partner while they are moving. - Combine different movements such as hopping and ball handling combinations whilst throwing at set targets or to a partner. 	<input type="checkbox"/> <input type="checkbox"/> <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 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). 	
Date:		Date:	
Challenges	Record	Challenges	Record
<ul style="list-style-type: none"> - Chest pass the ball to a partner aiming for their chest area. This can also be done against a wall. - Chest pass to a partner or against a wall counting consecutive passes. If the ball hits the ground, start counting again from zero. 	<input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> - Starting from the knees, bowl the bean bag towards a set target area. - With a partner, take turns at bowling the bean bag towards each other's feet. - Try this bowling skill while standing up. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mega challenges	Record	Mega challenges	Record
<ul style="list-style-type: none"> - Continue chest passing to a partner or against a wall. After each successful pass, one partner takes a step backwards to increase the passing distance. Continue counting and start from zero if the ball hits the ground. - Pass the ball from different positions such as on the knees. 	<input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> - Starting from the knees, continue bowling to a partner. After each successful bowl, one partner takes a step backwards to increase the bowling distance. Continue counting and start from zero if the bean bag hits the ground. - Try this while standing up. 	<input type="checkbox"/> <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. - 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 up, back, down and forward in one motion (over the bridge then through the tunnel). - Small toss, then step forward and 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. 	
Date:		Date:		Date:	
Challenges	Record	Challenges	Record	Challenges	Record
<ul style="list-style-type: none"> - Tap the ball up using the palm or back of the hand while standing on one leg. - Toss the ball into the air then hit it into towards the ground. - Using the racquet, tap the ball continuously towards the ground. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> - Using the hand or a racquet, tap the ball with the forehand and back hand in an alternate sequence. - Using the hand or a racquet, make a forehand or backhand strike at the ball towards a wall or a partner. 	<input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> - Practice forehand and backhand striking with a balloon. - Throw the balloon over your head, drop it behind, turn then strike it. - Individual or partner hitting across an imaginary net area (set with shoes, soft toys or markers). 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mega challenges	Record	Mega challenges	Record	Mega challenges	Record
<ul style="list-style-type: none"> - Using the hand, tap the ball continuously with the forehand and backhand. - Using the racquet, tap the ball with the forehand and back hand while standing, kneeling and sitting. - Move the body in different ways while tapping the ball with the forehand and backhand. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> - Using the hand or a racquet, make a forehand or backhand strike at the ball towards a smaller target. - Repeat forehand and backhand striking at varying distances from the target. - Use different hitting and bouncing combinations when striking the ball. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> - Individually: Keep two balloons in the air ensuring that each balloon stays on opposite sides of the net. - With a partner: Each person hits their balloon in the air then runs to the other side of the net and tries to keep their partner's balloon up. - Create different movements in between striking the balloon. 	<input type="checkbox"/> <input type="checkbox"/> <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. 		<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, repeat the sequence (rock n' roll). 	
Date:		Date:		Date:	
Challenges	Record	Challenges	Record	Challenges	Record
<ul style="list-style-type: none"> - Perform the pull push using the same foot or alternate feet. - Perform repeated laces kicks towards a safe target area. - Perform repeated instep kicks towards a safe target area. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> - Toe or sole tap the ball continuously making circles (pizzas). - Inside cut the ball 3 times, followed by 3 outside cuts, continue the sequence. - Inside/outside cut the ball over 3 metres. Perform 3 tuck jumps then continue the sequence. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> - With a partner, take turns at dribbling the ball around a set area then calling out the different foot rolls (sushi rolls, sausage rolls, toilet roll, rock n' roll). - Roll the ball across the body, take a step then make an inside foot pass. 	<input type="checkbox"/> <input type="checkbox"/>
Mega challenges	Record	Mega challenges	Record	Mega challenges	Record
<ul style="list-style-type: none"> - Set out five items as targets then perform a laces kick repeatedly at the targets for a set amount of time. - Use a range of foot skills to work the ball around before kicking it at each target. 	<input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> - Perform 4 dribble cuts (cut with the inside of one foot, followed by the outside of the other foot). Use different turns then repeat the sequence making a big zig zag pattern. - Combine the inside/outside and dribble cuts. Before changing direction perform a skill of choice eg. balancing the ball on the foot. 	<input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> - With a partner: Side foot roll (toilet roll) the ball and change places. Make a turn to face the partner then side foot pass the ball towards the partner's legs (set apart as small goals). Continue the sequence. - Individually: Perform using a marked spot against a wall. - Create different foot rolls or moves on the ball in between foot rolling and passing. 	<input type="checkbox"/> <input type="checkbox"/> <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 weight on ball of foot (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"> - Slalom skier. - Scissor jump. - Square jump. - Pony jump. - Flick kick. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> - Running on the spot (fast, slow, high knees). - V-sits, side leans, static balances, arabesques. - Jumping half turns, full – turns. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mega challenges	Record	Mega challenges	Record
<ul style="list-style-type: none"> - Create skipping combinations. - Set the high plank position. - Holding the high plank position, raise an arm or leg. - Alternate between the low and high plank positions. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> - Hop to create outlines of shapes and letters. - Hop between two markers while carrying objects. - Vary the hopping distance and alternate between each foot. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Student name:

Body control skills

Episode link: bit.ly/DoEGetActive

Dance Episode: 3		Foundational movement Episode: 4	
Learning cues		Learning cues	
Sports star moves <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). 		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) 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 Burpee: squat down, extend into a high plank, jump feet in to squat position, explode upwards (arms high) Jumping jacks: feet together/arms by side, simultaneously move feet apart and arms out and upward 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 Mountain climbers: High plank, step forward with knee close to the same elbow, step foot back then alternate High plank chest touches: high plank, lift one hand, touch the chest on opposite side, tighten tummy, repeat	
Date:		Date:	
Challenges	Record	Challenges	Record
<ul style="list-style-type: none"> - Perform each of the sports star moves. - Perform each of the sports star moves for 4 counts each to make a sequence. 	<input type="checkbox"/> <input type="checkbox"/>	1- Player 1: dribble up and back (hands) Player 2: body weight squat jump 2- Player 1: figure 8's between legs with a ball Player 2: burpees 3- Player 1: throw, spin clap, catch, squat Player 2: mountain climbers 4- Player 1: chest pass/donkey kicks Player 2: chest pass/jumping jacks 5- Player 1: side foot roll up and back Player 2: body weight squat 6- Player 1: side foot pass/jumping jacks Player 2: side foot pass/tuck jumps 7- Player 1 and Player 2: forehand/backhand strike then high plank chest touches 8- Player 1: forehand/backhand tap ups Player 2: high/low planking 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: sit ups while passing a ball to each other.	<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		
<ul style="list-style-type: none"> - Perform each of the sports star moves for 4 counts each to make a sequence. Then add another move (the Kerr). - Create a sports star movement to add to the sequence. 	<input type="checkbox"/> <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 with control - Eyes forward. 		<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. 	
Date:		Date:	
Challenges	Record	Challenges	Record
<ul style="list-style-type: none"> - Bounce the ball while turning around in a circle. - Bounce the ball from one hand to the other (side to side). - Bounce the ball lower than waist height and from one hand to the other (side to side). Ensuring that the ball bounces outside of the knees each side. - Bounce the ball from side to side using one hand only. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> - Bounce the ball while moving around. Spell out a word and have a partner try to work out which word has been spelt. - Dribble the ball forward for 4-5 bounces. With one leg forward and one back, try to bounce the ball in between then catch it on the other side, turn and continue dribbling the ball back the other way. 	<input type="checkbox"/> <input type="checkbox"/>
Mega challenges	Record	Mega challenges	Record
<ul style="list-style-type: none"> - Bounce the ball while moving forwards and backwards. - Bounce the ball from one hand to the other (side to side) while kneeling, then standing. Try using one hand only. - Move any way you can while bouncing the ball. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> - Dribble the ball forward for 4-5 bounces. With one leg forward and one back, try to bounce the ball in between then try to turn and continue dribbling the ball back the other way all in one motion. - Move the body in different ways while bouncing the ball eg. lunge then bounce through the legs, figure 8's, bounce/spin then move. 	<input type="checkbox"/> <input type="checkbox"/>