



BEANS, BEANS, BEANS

GAME INTENTION:

To increase physical activity level in minor games.

LIMITED, IF NOT ANY EQUIPMENT



WHAT YOU NEED:

- Markers to define playing space and areas.



HOW TO PLAY:

1. Players move around within the designated space available.
2. Teacher sounds whistle and gives players one of the 'bean command':
 - Jumping Bean – jump up and down on the spot
 - Runner Bean – run around the space
 - Broad Bean – make yourself as wide as possible – stretch out arms and legs
 - Baked Bean – sunbathing pose
 - Jelly Bean – move around the space wobbling like jelly
3. Teacher signals when players return to moving around the space.

LIKE THIS, TRY THIS...

- Try asking players to create an action to a bean command. What new actions can players come up with? Or give multiple commands in a sequence.

SCAN ME



SAFETY:

- Clearly marked boundaries and run off space. Surface clear from hazards and a suitable surface to minimise injury risk when falling.
- Clear start and stop signals.
- Explicit, progressed instructions.
- Modified activities using TREE model.
- Maintain a positive learning environment that facilitates a growth mindset and rewards effort rather than success.

ASK THIS:

Sport linking: What sports and activities involving jumping, particularly jumping at height and jumping for maximum distance?





Create a positive learning environment that is psychologically and physically safe!

TREE

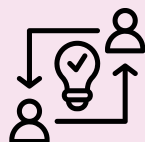
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Extend



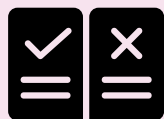
T - Teaching Style



- Players observe and copy bean movements.

- Players decide on the bean movements and initiate new movements.

R - Rules



- Players perform the bean movement for a short period of time.

- Extend the number of bean commands.

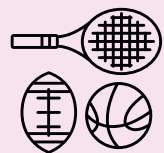
E - Environment



- Decrease the playing space.

- Increase the playing space.

E - Equipment



- Markers, spots, lines to facilitate player movement.

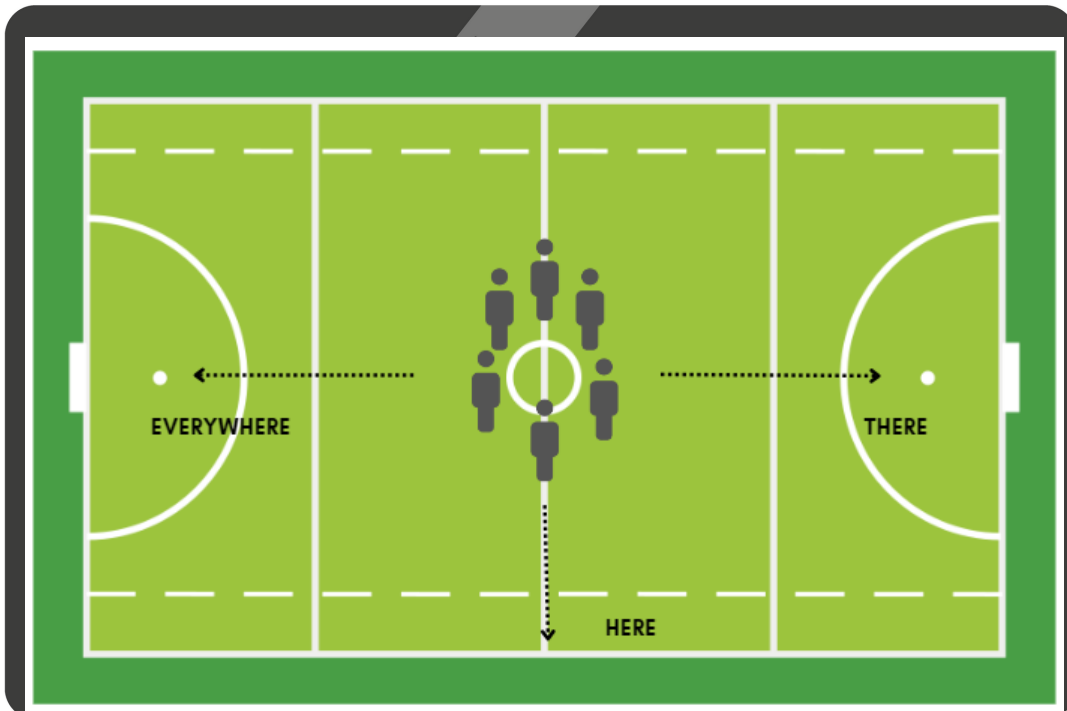
- Equipment e.g. hoops, hurdles, markers for players to move over, under or through.



**HERE, THERE,
EVERYWHERE**

GAME INTENTION:
To increase physical activity level in minor games.

**LIMITED, IF NOT
ANY EQUIPMENT**



WHAT YOU NEED:

- Markers to define playing space and areas.

HOW TO PLAY:

1. Players start in a marked out area and areas/lines are named "here", "there" and "everywhere".
2. When the area/line is called, players move to that area.
3. The game continues for a set amount of time.

SAFETY:

- Clearly marked boundaries and run off space. Surface clear from hazards and a suitable surface to minimise injury risk when falling.
- Clear start and stop signals.
- Explicit, progressed instructions.
- Modified activities using TREE model.
- Maintain a positive learning environment that facilitates a growth mindset and rewards effort rather than success.

LIKE THIS, TRY THIS...

- Try labelling the commands differently e.g. compass directions, locations, sports categories, sports teams etc.

SCAN ME



ASK THIS:

Sport linking: What sports and activities require situations where you need to change speed and direction quickly?

TRY



Create a positive learning environment that is psychologically and physically safe!

TREE

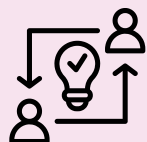
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Extend



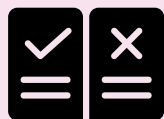
T - Teaching Style



- Teacher moves alongside players who need support to engage.

- Allow players to design a modified version of the game.

R - Rules



- Incrementally increase the locations once players are familiarized.

- Change the way students move between locations.

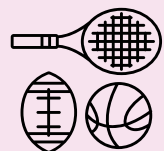
E - Environment



- Visuals/colours/numbers to define locations.

- Extend the playing space to different areas of the school.

E - Equipment



- Arrows and markers to facilitate type of movement.

- Introduce different activities utilizing equipment to develop skills between the locations e.g. between ship and shark, bounce a basketball.





FREEZE

GAME INTENTION:

To increase physical activity level in minor games.

LIMITED, IF NOT ANY EQUIPMENT



WHAT YOU NEED:

- Markers to define playing space and areas.
- Music.



HOW TO PLAY:

1. Players move in a way they enjoy
2. On "freeze" or when the music stops, players freeze like a statue
3. Music or "Go" and players continue to move. Challenge players to try and not get caught moving and encouraging balance.



SAFETY:

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- Clear start and stop signals.
- Explicit, progressed instructions.
- Modified activities using TREE model.
- Maintain a positive learning environment that facilitates a growth mindset and rewards effort rather than success.

LIKE THIS, TRY THIS...

- Try giving specific instructions to the freeze signal e.g. freeze like a....(animal, position, sports player).

SCAN ME



ASK THIS:

Sport linking: Can you name some sports and activities where balance is essential to perform effectively?



Create a positive learning environment that is psychologically and physically safe!

TREE

Enable

Extend

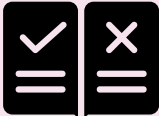
T - Teaching Style



- Teacher moves alongside players who need support to engage.

- Allow players to design a modified version of the game.

R - Rules



- Support the way players freeze e.g. at different levels; low, medium, high.

- Change the way students move between locations or how they balance on freeze e.g. with a partner.

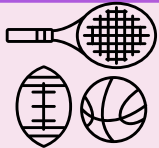
E - Environment



- Visuals/colours/numbers to define locations.

- Reduce the playing space and challenge students use of general space and freezing without touching anyone else.

E - Equipment



- Arrows and markers to facilitate type of movement.

- Players move and freeze demonstrating a sports demonstration e.g. mark, about to make a pass, a pivot in netball.

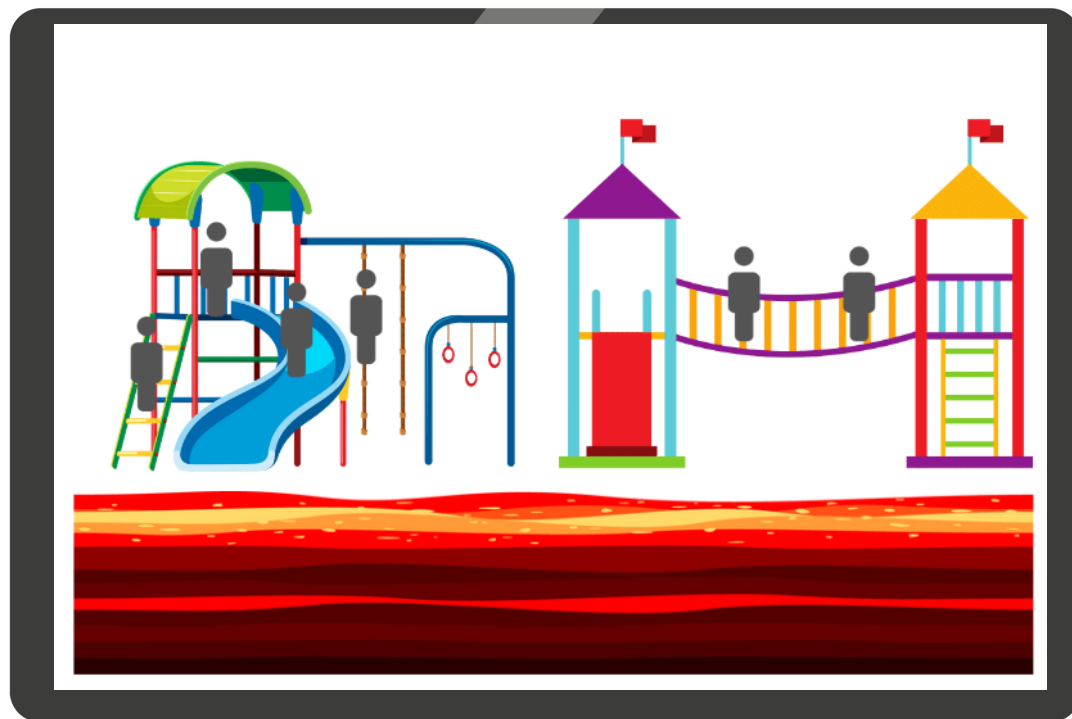


THE FLOOR IS LAVA

GAME INTENTION:

To increase physical activity level in minor games.

**LIMITED, IF NOT
ANY EQUIPMENT**



WHAT YOU NEED:



HOW TO PLAY:

1. players run around the playing area and wait for the command "The floor is lava".
2. When they hear this, players must jump on the playground and not touch the floor at all.
3. The player who fails to do this as quickly as others, calls the next "the floor is lava" and then rejoins in the game.



SAFETY:

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- Clear start and stop signals.
- Explicit, progressed instructions.
- Modified activities using TREE model.
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LIKE THIS, TRY THIS...

- Try adding in colours or places where players must locate when "the floor is lava" is called.

SCAN ME



TRY

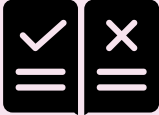
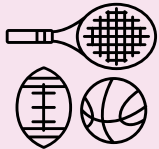
ASK THIS:

Sport linking: Accelerating is essential in many sports and activities to be succesful, can you discuss which?





Create a positive learning environment that is psychologically and physically safe!

TREE	Enable 	Extend 
T - Teaching Style 		
R - Rules 		
E - Environment 		
E - Equipment 		

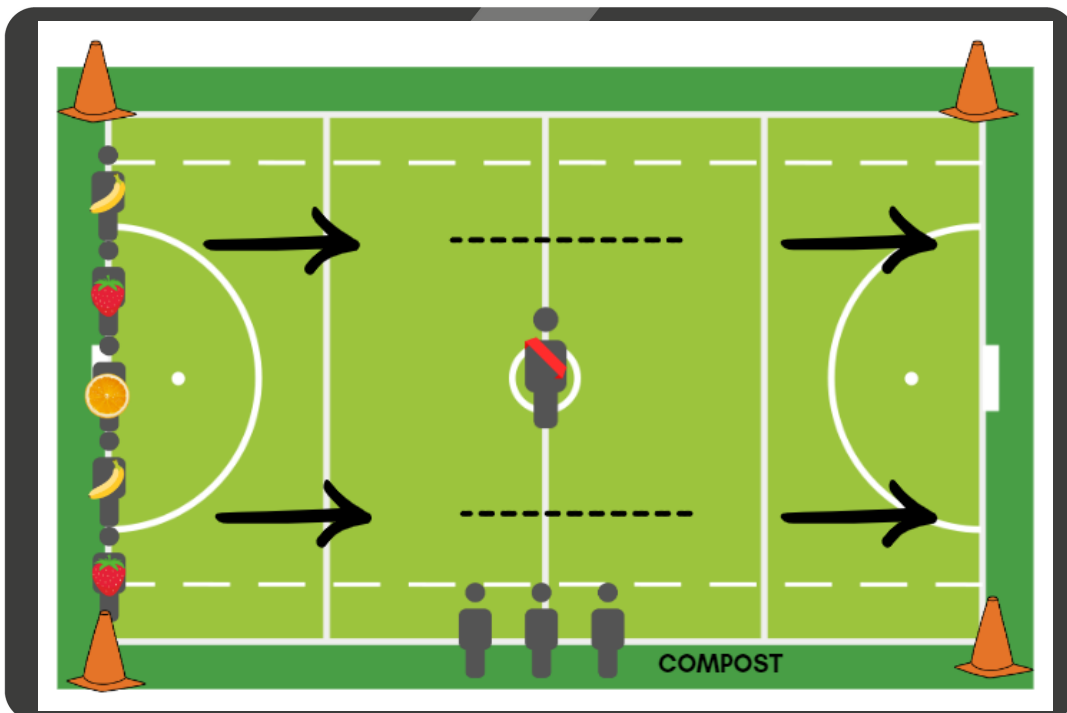


FRUIT SALAD

GAME INTENTION:

To increase physical activity level in minor games.

**LIMITED, IF NOT
ANY EQUIPMENT**



WHAT YOU NEED:

- Markers to define playing space and areas.

HOW TO PLAY:

1. Players speed out along one end of the player area and given the name of a fruit (Strawberry, apple, orange).
2. When their respective fruit is called, players must run as fast as they can to the other end of the player space.
3. The player who gets to the end 'first' moves to the compost. The game continues for a set amount of time.

SAFETY:

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LIKE THIS, TRY THIS...

- Try adding in 'compost'. When 'compost' is called, they must run to a designated area, such as the sideline of the court. The first person from compost goes back as a fruit.

SCAN ME



ASK THIS:

Technical: How did you move your body to move faster?

TRY



Create a positive learning environment that is psychologically and physically safe!

TREE

Enable

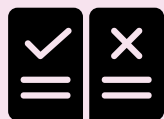


Extend



T - Teaching Style 

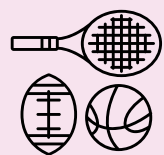
R - Rules



E - Environment



E - Equipment



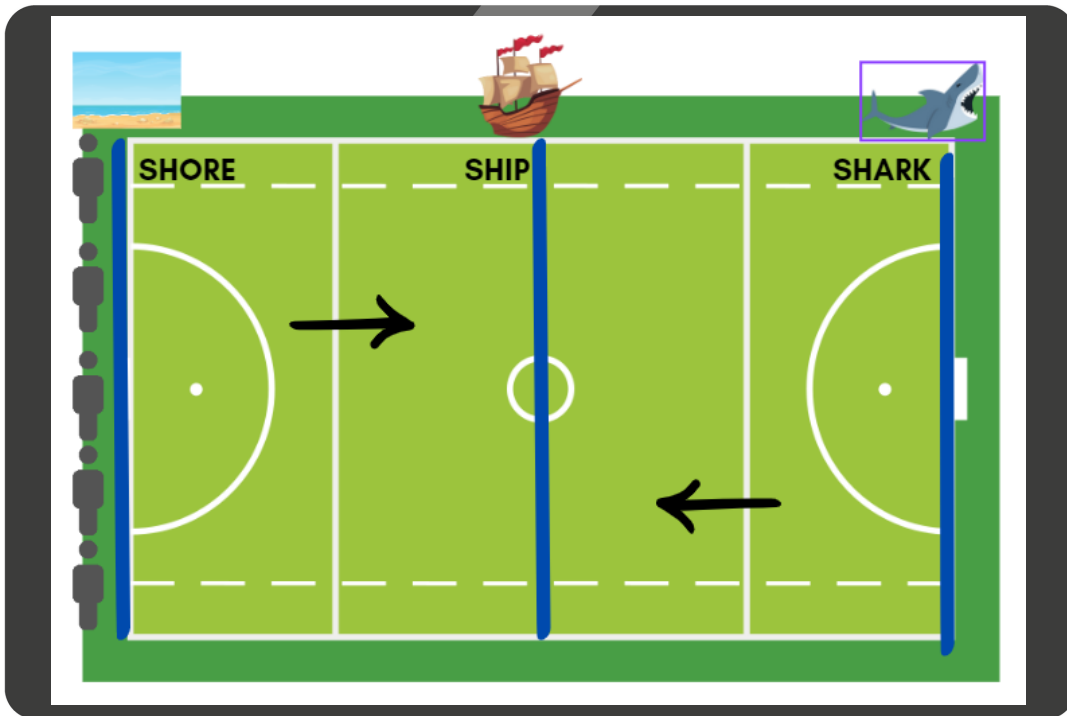


SHIP, SHARK, SHORE

GAME INTENTION:

To increase physical activity level whilst carefully following instructions.

LIMITED, IF NOT ANY EQUIPMENT



WHAT YOU NEED:

Markers to define playing space and areas.

HOW TO PLAY:

1. Determine which lines/spaces are ship, shark and shore. Players start at one area and when the space is called, players run to that area.
2. Add in other instructions e.g. "scrub the deck" – players bend down to ground and pretend to scrub the floor, "climb the ladder" – players pretend they are climbing a ladder, 'captains coming' – players shout "eye, eye, captain!" and stand at attention.
3. The last player to reach the correct destination walks the plank and becomes a pirate – when the teacher calls 'pirate' the pirates can run to a designated point and back, winner returns to the game.

LIKE THIS, TRY THIS...

Try adding more tasks for players to complete.

SCAN ME



SAFETY:

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ASK THIS:

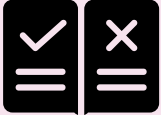
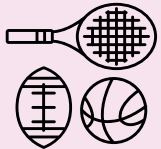
Scenario: There is always a lot of movement and noise happening in games and activities, what did you do to ensure you were ready for the instruction?



TRY



Create a positive learning environment that is psychologically and physically safe!

TREE	Enable 	Extend 
T - Teaching Style 		
R - Rules 		
E - Environment 		
E - Equipment 		





WHISTLE FREEZE

GAME INTENTION:

To increase physical activity level whilst carefully following instructions.

**LIMITED, IF
NOT ANY
EQUIPMENT**



WHAT YOU NEED:

Whistle



HOW TO PLAY:

1. Players move around the designated area performing locomotion as instructed by the teacher (hopping, skipping, walking, crawling, jumping, running, etc.).
2. When the whistle sounds, the players must complete a task:
 - o 1 whistle – freeze
 - o 2 whistles – sit in a V sit
 - o 3 whistles – run to a designated spot or boundary
 - o 4 whistles – hands on head
 - o 5 whistles – jump up and down on the spot
3. The game continues for a set amount of time.

LIKE THIS, TRY THIS...



TRY

Try adding in equipment, for example – if playing hockey, each player has a hockey stick and a ball and dribbles the ball around the space. On the whistle players complete the following (or other set skills)

- o 1 whistle – stop the ball
- o 2 whistles – change direction
- o 3 whistles – pass the ball once with a classmate

ASK THIS:

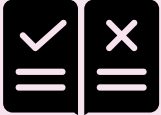
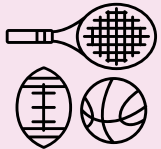


SAFETY:

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- Explicit, progressed instructions.
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FORWARDS, BACKWARDS, ON

GAME INTENTION:

To increase physical activity level whilst carefully following instructions.

**LIMITED, IF NOT
ANY EQUIPMENT**



WHAT YOU NEED:

Markers to define playing space and areas.



HOW TO PLAY:

1. Players spread out along a line
2. When a command is called, players complete the instructions: forwards (Jump in front of the line), on (Jump on the line), backwards (Jump behind the line).
3. Encourage players to complete the action as quickly as they can.



SAFETY:

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- Explicit, progressed instructions.
- Modified activities using TREE model.
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LIKE THIS, TRY THIS...

Try adding in different locomotor movements e.g. hop forwards, backwards and on or leap etc.

SCAN ME



ASK THIS:





Create a positive learning environment that is psychologically and physically safe!

TREE

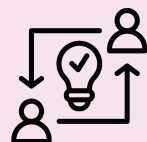
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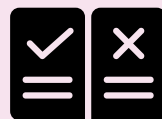
Extend



T - Teaching Style



R - Rules



E - Environment



E - Equipment

