

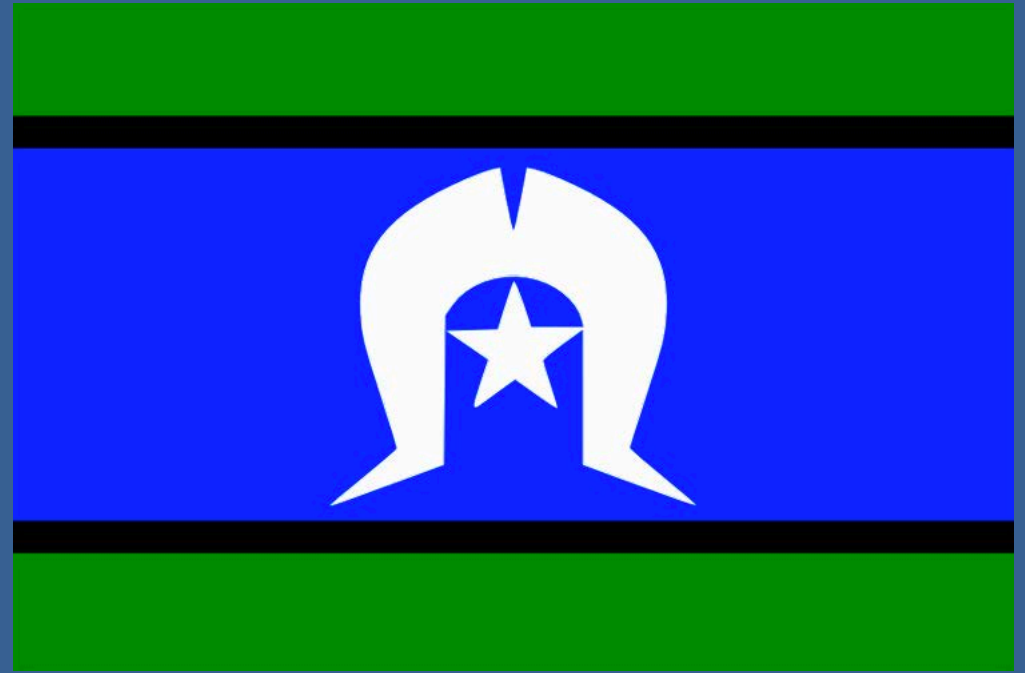




Engaging your students into a lifelong love affair with Physical Activity and self care.



Andy Hair
Leopold PS
Wathaurong  Country
Geelong, Australia

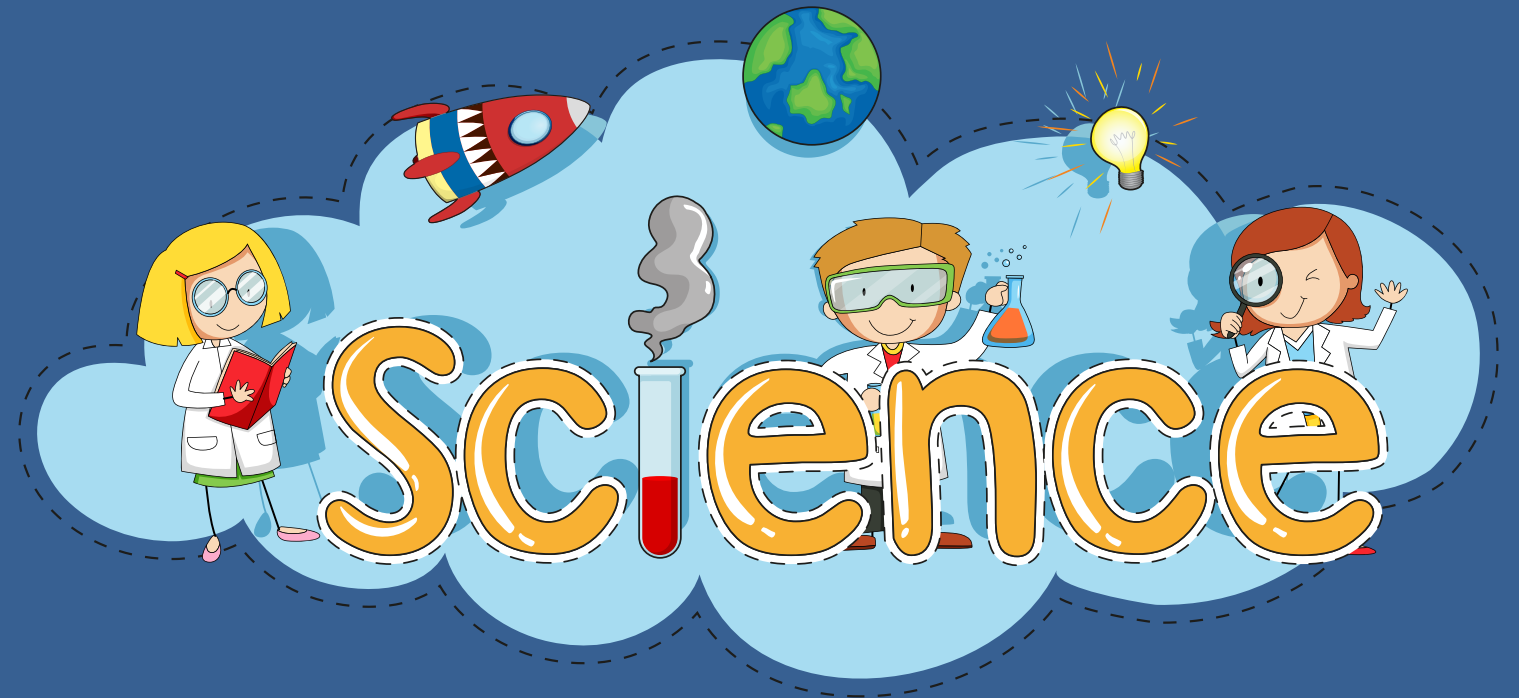


“I acknowledge the Traditional Owners of the land and respectfully pay my respect to the Elders both past, present and emerging.
Today I present to you from Wathaurong Country”



WHY?

The research and science



Inspiration/Science



PAUL ZIENTARSKI
@PAULZIENTARSKI

MIKE KUCZALA
@KINESTHETICCLASS



Program Implementation

Physical Literacy



BERNIE HOLLAND
@ACHPERVICPL

MARK COLLARD
@PLAYMEO



Activities Inspiration

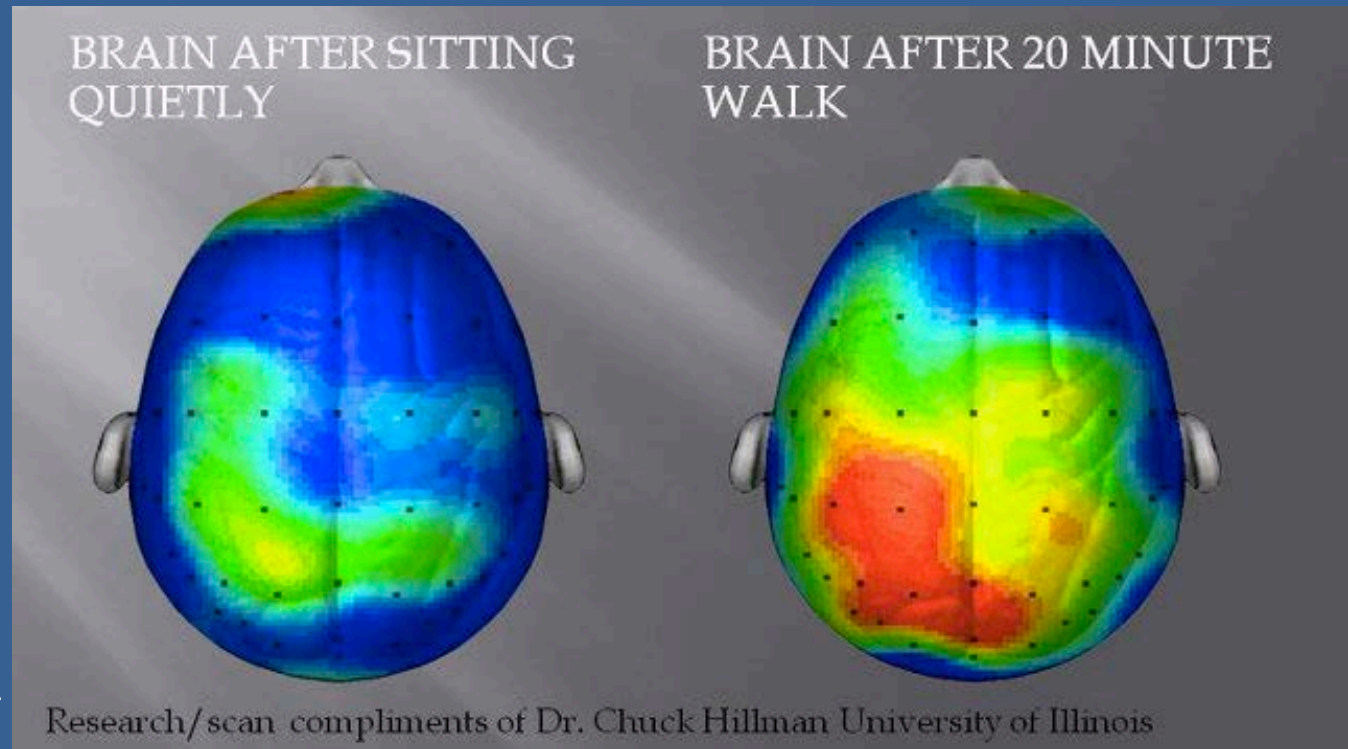
- Healthy students = better learners

- 90 mins/week specialist PE = increase in numeracy & writing

- 83.3% students who receive mostly A's at school, more likely to be active than students who receive mostly D's and F's

- Movement into class time = improved on-task & decrease off-task; + improved acad. achievement

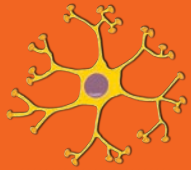
Source: Achper Victoria



THE BRAIN BENEFITS OF EXERCISE



INCREASES PRODUCTION OF NEUROCHEMICALS THAT PROMOTE BRAIN CELL REPAIR



IMPROVES MEMORY



LENGTHENS ATTENTION SPAN



BOOSTS DECISION MAKING SKILLS



PROMPTS GROWTH OF NEW NERVE CELLS AND BLOOD VESSELS



IMPROVES MULTI-TASKING AND PLANNING

9 Mental Health Benefits

For Kayaking



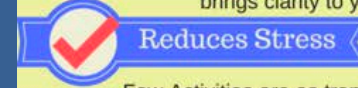
Strengthens Mental Health

-Helps Bring Positivity and Clarity to your mind



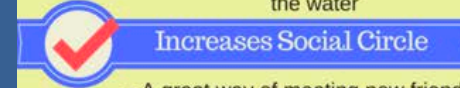
Brings Mental Clarity

-The Open Water is very meditative and brings clarity to your mind



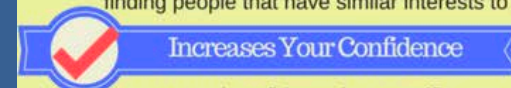
Reduces Stress

- Few Activities are as tranquil as floating in the water



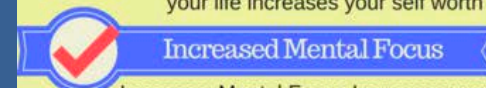
Increases Social Circle

- A great way of meeting new friends is by finding people that have similar interests to you



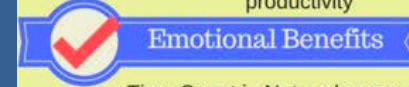
Increases Your Confidence

-Increased confidence in a specific area of your life increases your self worth



Increased Mental Focus

-Increases Mental Focus Increases your productivity



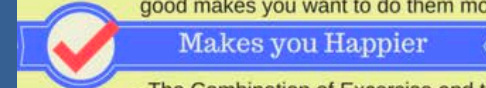
Emotional Benefits

-Time Spent in Nature leaves you with Surreal Feelings



Puts you in a Routine

- Activities like kayaking that make you feel good makes you want to do them more



Makes you Happier

- The Combination of Exercise and the Outdoors is statistically proven to increase



PROMOTING LIFELONG



ACTIVITY for YOUTH



FUNCTIONAL UNDERSTANDING NOT NECESSARY

Source: Mark Collard

Physical Literacy



Students

Physical literacy:

- improves mental health and wellbeing
- improves awareness of one's self and capabilities
- improves self-esteem and self-confidence
- develops resilience
- improves academic performance, including improved memory and concentration
- improves social skills, including leadership, collaboration, cooperation, sharing and negotiation
- helps build friendships
- helps children learn new skills that can be applied to other aspects of student life
- develops behaviours for lifelong participation in movement and physical activity.



ME

ME in my
FAMILY

MY FAMILY in my COMMUNITY

OUTCOMES

Physical Activity

Self Confidence

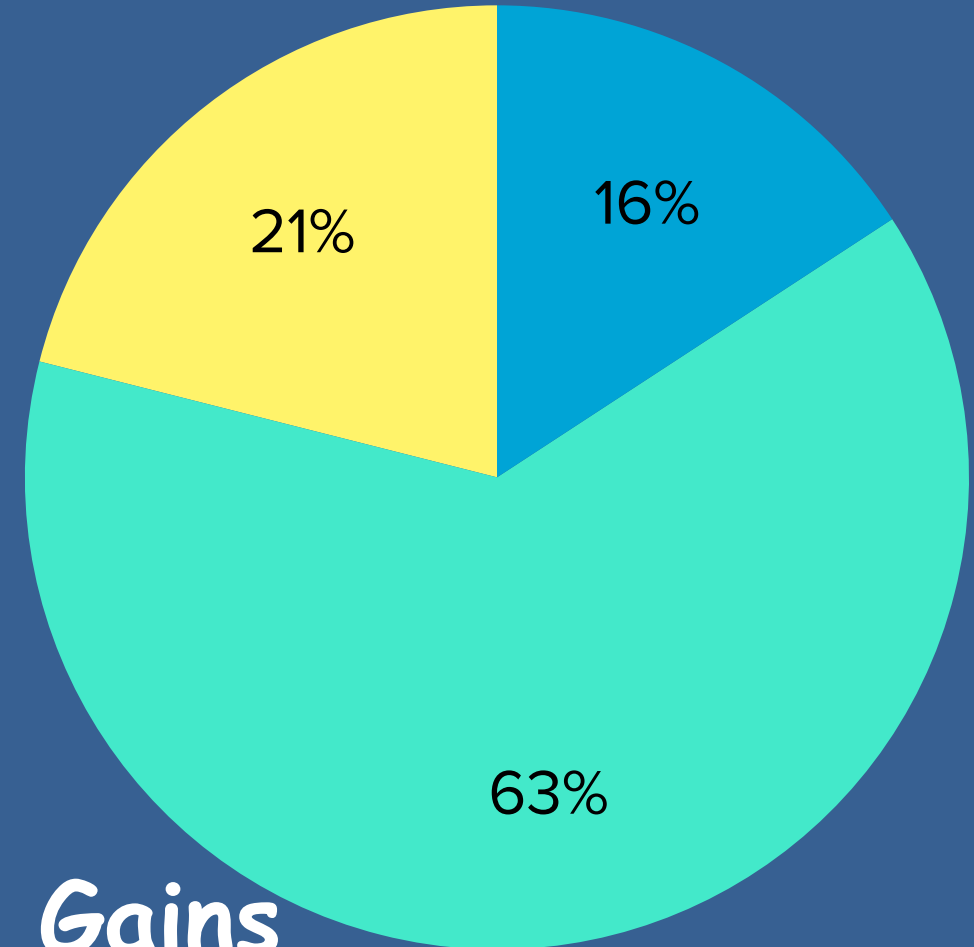
Belief

Engagement

100%

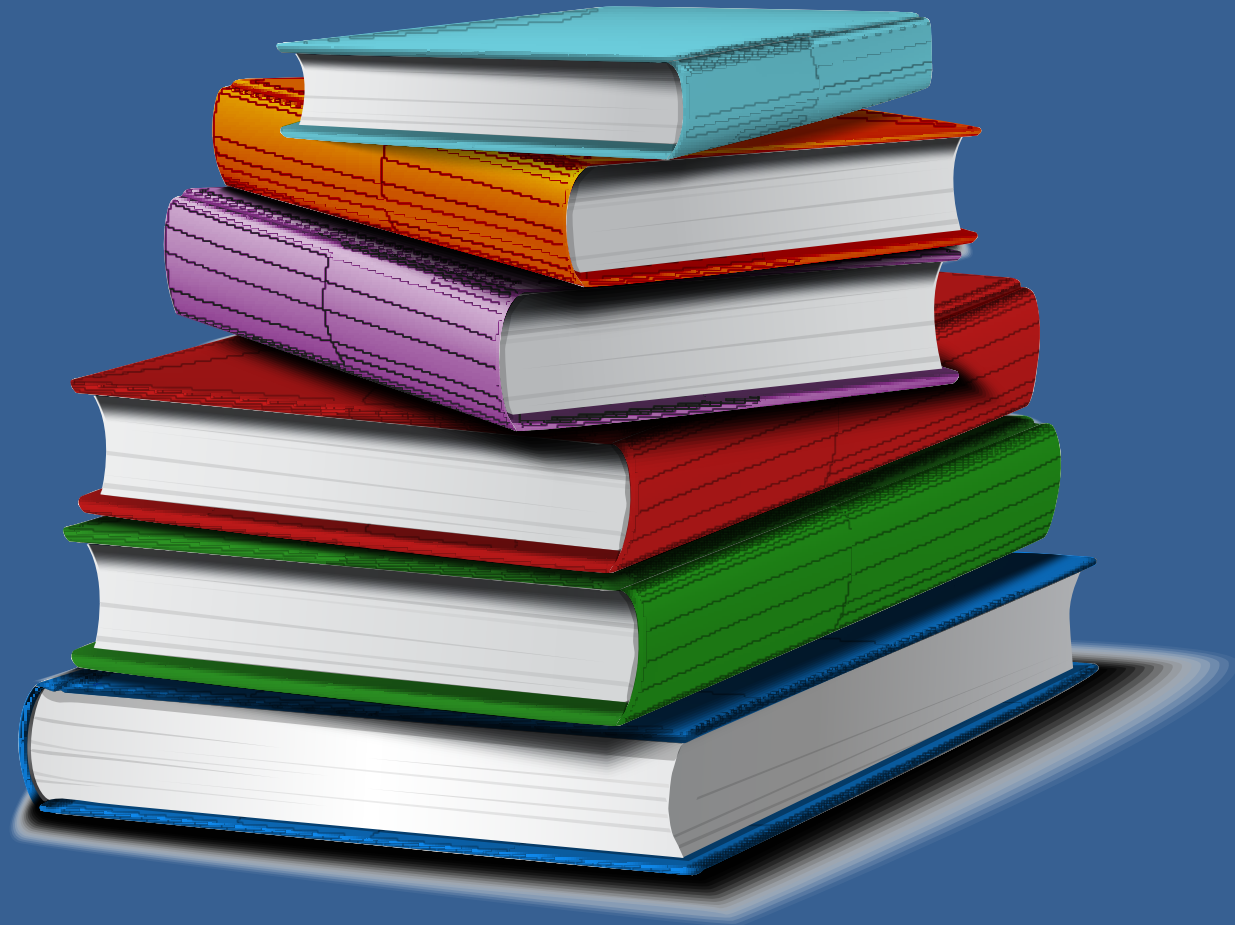
Buy in to Personal Strengths

Academic Gains



WHAT?

The Design



DURING PHYSICAL EDUCATION CLASSES

WALK IN
REVIEW CONTENT
PRESENT CONTENT
PRACTISE #1
PRACTISE #2
REVIEW NEW CONTENT



WALK IN

NO WELCOME OR
SITTING JUST YET



Students are presented with a challenge as they walk into the learning space.

- Throw and Catch to self
- Obstacle Course
- Rolling Goals
- You're It
- How many baskets?
- Traffic

REVIEW CONTENT



Students first opportunity to sit and be welcomed

- **Draw on last week**
- **What did we learn last week?**
- **Student examples**
- **Areas of concerns**
- **Achievements**

PRESENT CONTENT



Present to students:

- **What we are doing today**
- **Why we are doing this**
- **How we are going to do this**

Make it simple. Provocations work very well.

TASK #1



Students get to explore the new content in Task 1.

The content needs to be

- Challenging**
- Reachable**
- Hands on**
- Equipment based**
- Small Groups**

TASK #2

Students get to build on Task 1 with Task 2.

The content needs to be

- Challenging but somewhat unachievable**
- Collaborative and social**
- Equipment based**
- Small Groups**



REVIEW NEW CONTENT

Do this through reflection games from Playmeo. e.g. Rock Paper Scissors Reflect

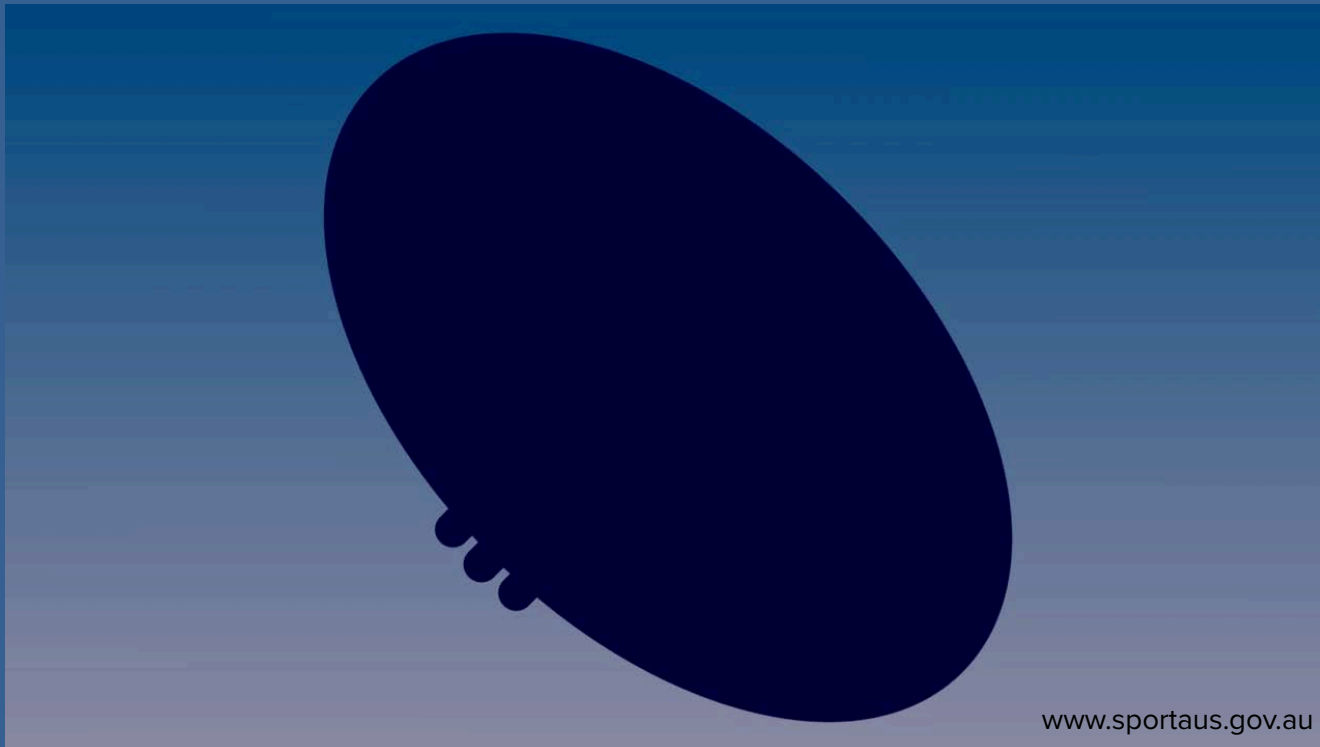


Students opportunity to reflect on their learning today with peers

- **Draw on WWW (what went well)**
- **Draw on improvements of me then of others**
- **Student examples**
- **Celebrate Achievements**

HOW?

Physical Literacy Outcomes
to make learning stick



Rank	Name	Level	Progress
1	James	Player Level	100%
2	SARAH	Player Level	100%
3	AMY	Player Level	100%
	JOHN	Player Level	100%
	PATRICK	Player Level	100%

The Domains of Physical Literacy - Sport Australia



Physical

The skills and fitness a person acquires and applies through movement



Psychological

The attitudes and emotions a person has towards movement and the impact they have on their confidence and motivation to move



Social

A person's interaction with others in relation to movement



Cognitive

A person's understanding of how, why and when they move

DURING CLASSROOM PRACTISE

REVIEW CONTENT
PRESENT CONTENT
COLLABORATE
REVIEW FINDINGS
CEMENT FINDINGS



DURING PHYSICAL EDUCATION CLASSES

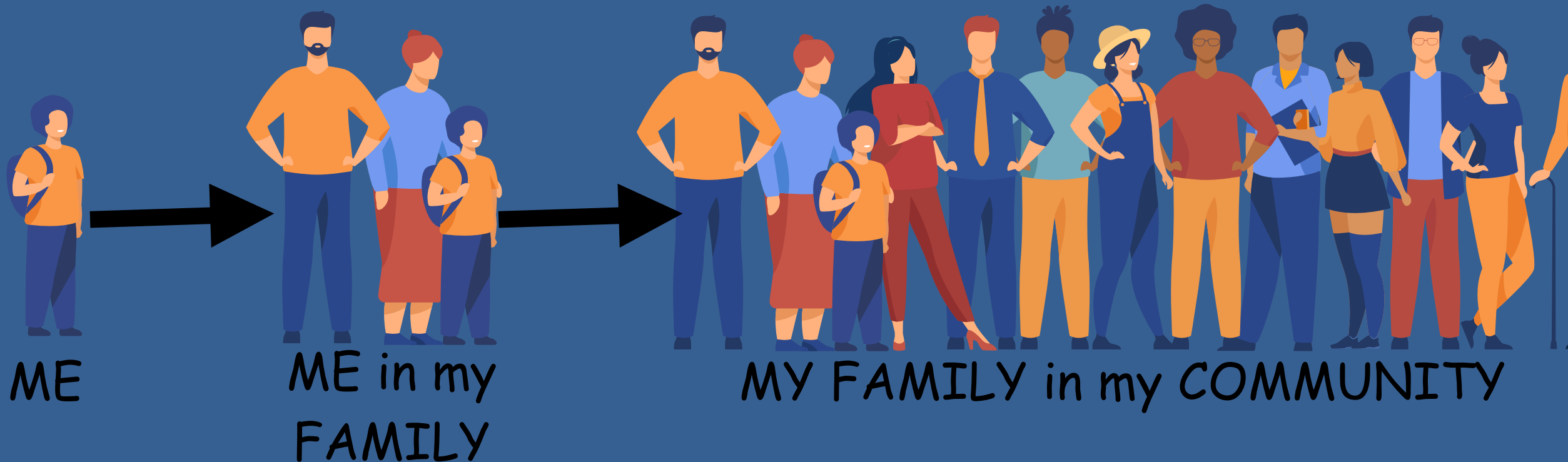
WALK IN
REVIEW CONTENT
PRESENT CONTENT
PRACTISE #1
PRACTISE #2
REVIEW NEW CONTENT



Energizers

An energizer is a brief activity that is intended to **increase energy** in a group by engaging them in **physical activity**, **laughter**, or in ways that engage the members **cognitively** (problem-solving).

(thetrainingworld.com)



Cat On Yer Head



At A Glance

Hilarious energiser ideal for crowded auditoriums.

Benefits

- Very playful & fun
- More the merrier
- Promotes collaboration
- Friendly competition
- Simple props

Time 5 - 10 min

Props

- Balloons (optional)
- Stopwatch

People Large 30+

Step-by-Step Instructions

1. Choose or invite two volunteers seated in opposing corners of the room.
2. Nominate one of these people to be the Cat, and the other person to be the Mouse.
3. Announce that the Cat and the Mouse will soon move positions very quickly.
4. To help identify where the Cat (or Mouse) is at any time, they must say the word "CAT" (or "MOUSE") loudly over and over.
5. The Cat and Mouse move whenever the person with it taps any person close to them on the shoulder.

Popular Variations

• Where's My Cheese?

Distribute 3 or 4 coloured balloons (or other soft objects) – described as cheese – spread variously throughout the audience. The mouse must now attempt to eat all of the cheese before they get tagged or the time expires. All those holding a balloon hold it up until they are tapped, at which point they immediately move the mouse on before lowering their hand (they continue to hold the balloon.) Think of the popular arcade video game Pac-Man to grasp the basic concept.

• Trapped

Introduce two or more holes into the game, by nominating a number of volunteers to assume this role. Give them a different coloured balloon to hold up high (black) and explain that if either the cat or mouse is moved onto them (their shoulder is tapped,) this cat or mouse will fall into said hole and be trapped for 2 seconds, 5 seconds, or as long as you wish. Clearly, this entrapment will benefit either the cat or the mouse depending on the situation.

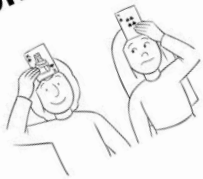
• Cat In Yer Hand

As above, but pass a couple of soft objects from person to person (rather than tapping shoulders.) Keep up the loud calls of "CAT" and "MOUSE" although these are more about ramping up the energy, and less about locating where the cat or mouse are.

- Take a look at the Clapping Game, and less about locating where the cat or mouse are works beautifully in large auditoriums.

6. Practice this calling and tapping movement for 5 to 10 seconds to gauge understanding.
7. Remind your group that both the Cat and the Mouse can be moved around the audience in any direction, at any time.
8. Announce that the Cat has 30 seconds to catch (tag) the person with the Mouse.
9. When ready, call "GO."
10. If the Cat catches the Mouse before the time expires, the Cat wins.
11. If the Mouse survives for 30 seconds, the Mouse wins.
12. Play several rounds and/or try a variation.

Poker Face



At A Glance

Trust exercise that focuses on inclusion & diversity.

Benefits

- Simple, yet powerful
- Fosters communication
- Multiple metaphors
- Focus on cultural norms

Time 15 - 20 min

Props

- Deck of playing cards

People Medium 16 - 30

Step-by-Step Instructions

1. Randomly distribute one card from a playing deck of cards to each person. Instruct people to not look at their card.
2. Ask each person to place this card on their forehead so that it faces other people.
3. When ready, invite your group to mix and mingle.
4. As they interact, instruct everyone to engage with and treat all others based on the face value of the card on that person's forehead.
5. All interaction must remain silent, ie no verbal forms of communication, but gestures are permitted.
6. After 1 to 2 minutes of interaction, stop the activity and remind people to not look at their cards

7. (yet.)
7. Ask your group to divide and gather into one of three groups – low-value, middle-value and high-value cards.
8. Divided into three groups, people may then look at their cards.
9. Process this dynamic experience to explore topics of diversity, cultural norms, valuing others and inclusion.

Popular Variations

- **Say What You're Thinking:** Allow people to talk verbally with others as they interact.
- **Non-Royal:** Remove the royalty cards (Jack, Queen & King) and play as normal.
- **Card Initiatives:** Take a look at Get Twenty, Prediction, Change Up and Blackjack to explore a number of other wonderfully powerful group initiatives which utilise a deck of playing cards.

Emoji Cards



At A Glance

Useful set of emotive cards to encourage fun & reflection.

Benefits

- Non-verbal
- Promotes sharing
- Fosters critical thinking
- Multiple uses

Time 2 - 5 min

Props

- Set of Emoji Cards

People Small 8 - 15

Step-by-Step Instructions

1. Lay all of the cards randomly on a table or the ground.
2. Gather your group around the cards, allowing them a few moments to become familiar with them.
3. In pairs, ask each person to pick one or two cards which reflect a feeling they experienced during the activity.
4. Encourage people to share why they picked the card and why it was so significant to them.
5. Allow two minutes for sharing.
6. If time permits, re-gather your group and invite volunteers to share anything that they learned which they believed was significant.

Popular Variations

- **Team Initiative:** Assemble all of the cards from happiest (most positive) to saddest (most negative.)
- **Time of Your Life:** Randomly distribute one card to each person in your group. In pairs, ask each person to share with their partner at least one time that they experienced this feeling in their life.
- **Empathy for Others:** Pick a card which you think reflects how someone else may have been feeling during an experience. Share this observation with someone other than the person nominated, or directly to this person. A higher-level challenge would be to share these observations publicly.
- **Arrival Activity:** Invite individuals to pick a card or cards which reflect how they are feeling as they enter the space, or start of your program. Invite people to find one or two others to share their thoughts.
- **Story-Telling:** Randomly distribute a set of 5-8 cards to small teams, and ask them to create a story in which every emotion is utilised. In advance, consider if you want the story to focus on fun or function to guide the impact of your group's deliberations.
- **Name That Feeling:** Ask an individual to pick one random card from the pack, and non-verbally demonstrate/model this emotion in front of a group, asking them to agree on the name of the emotion being expressed. If possible, encourage your group to achieve group consensus.
- **Spot The Difference:** Deliberately select two cards which appear to express very similar emotions. Ask your group to identify and discuss their similarities, differences and subtleties in emotions. This conversation is ideally to develop awareness and empathy for others.
- Take a look at UBUNTU Cards, We Connect Cards, Climer Cards and Fine Line Cards if you enjoy the simple pleasure of using awesome props in your programs.

Around The World



At A Glance

Fun, whole-of-group mathematical energiser.

Benefits

- Very active
- Healthy competition
- Small or large groups
- Multiple variations
- No props

Time 2 - 5 min

People Large 30+

Step-by-Step Instructions

Popular Variations

- **Deck of Cards:** Distribute a card from a regular deck of playing cards to each person. When two people face-off, they present their cards face-up at the same time, and the first person to call out the correct sum, is permitted to move to the next country. Picture cards – Jack, Queen, King – are valued at ten points each, or to make it more difficult, valued at 11, 12, and 13 points each. Jokers and Aces can be valued at whatever.
- **Dice:** Place several sets of dice within the boundaries of each country. Two people roll a die each at the same time (on floor or table, etc) and the first person to announce the correct sum, wins and gets to move forward.
- **UBUNTU Cards:** Distribute an UBUNTU card to each person. The first person to identify and announce the matching object, wins, and is permitted to move to the next country.
- **Word Play:** On some appointed signal, each person is entitled to call out a three- to seven-letter word (or turn-over a random flashcard with these single words on them). The first person to sum the total of all of the letters, wins, and is permitted to move to the next country.

Videos

[Click here to play Video](#)

1. To begin, present a few rounds of Your Add to warm-up your group.
2. Within a large, open playing space, designate three or four areas as belonging to well-known cities or countries of the world, eg New York, Tokyo, Sydney, etc.
3. Ask each person to stand in the area belonging to that city or country that they'd like to visit the most.
4. Each person aims to travel to each of the designated cities/countries in a clockwise direction as often as possible within two minutes.
5. To move from one city/country to the next, a person must win a quick game of Your Add involving any person standing in the same area.
6. The 'winner' is permitted to advance clockwise to that city or country that they'd like to visit the most.
7. The person who completes the most number of rotations (of all areas) within the allotted time is declared the winner.

Super Smile



At A Glance

Active circle game to generate lots of smiles & laughter.

Benefits

- Simple
- Very playful & fun
- Promotes laughter
- Builds energy & awareness
- No props

Time 2 - 5 min

People Small 8 -15

Step-by-Step Instructions

1. Form a circle, including yourself.
2. Challenge your group to record the fastest contagious smile ever!
3. By way of demonstration, start your stopwatch and pass a big smile as you make eye contact with someone across the circle from you.
4. Once this person smiles at you, start gently jumping up and down to indicate that the first smile has been sent.
5. The person who received your smile, now passes a smile to a new person in the circle.
6. The process of passing smiles continues until everyone in the circle has received a smile and passed a smile.
7. When everyone is jumping on the spot, stop the time.
8. Play for two or more rounds attempting to record the fastest contagious smile ever.

Popular Variations

- **New Sequence:** As above, but create a new sequence (of passed smiles) with each round, ie each person consciously sends their smile to a new person.
- **Unhappy to Happy:** Start the game by asking everyone to make their most unhappy facial expression until the super-smile reaches them.
- **Continuous Smiles:** Add a rule that if someone stops smiling, he or she must stop jumping until someone sends them a smile again. This will certainly impact the time, but may also increase the likelihood of belly laughs.
- **Don't Smile:** Take a look at If You Love Me Honey, Smile to experience the very antithesis of this game.

Videos

[Click here to play Video](#)

Train Station Greetings



At A Glance

Zany, interactive game to inspire slow-motion moves.

Benefits

- Very playful & fun
- Highly-interactive
- Optional non-verbal
- Builds trust
- No props

Time 1 - 2 min

People Large 30+

Step-by-Step Instructions

1. Form into pairs.
2. Spread your group throughout a wide, open area, requesting that partners position themselves a long distance away from one another.
3. By demonstration with a volunteer, act out a slow-motion scene involving the two of you greeting each other from a distance.
4. You approach one another slowly until approximately 2 metres (7?) apart.
5. Then suddenly, you realise that you have mistaken the identity of this person.
6. Swiftly, you look away and spy another person to repeat the whole greeting-from-a-far process again.
7. Continue play for 1 to 2 minutes.

Popular Variations

- **Silent Movie**: As above, but completely silent, as if it was a silent movie.
- **Random Partners**: As above, but no need to begin with a starting partner. Simple invite people to make eye contact with anyone on the other side of the space, and begin.
- **As If**: Alter the states in which people greet each other – fast-motion, sleepy-motion, drunken-motion, short-sighted (regular speed,) etc.
- **Moving Targets**: Take a look at Stop & Go and Walk & Stop to enjoy two more fluid-motion group games.

Videos

[Click here to play Video](#)



- Quick & Fast
- Curriculum connection
- Team Work or Individual
- Heart Rate Increase
- Repetition
- Reflection

www.scarymommy.com/minute-to-win-it-games-for-kids/



50 Minute to Win It Games for Kids

12 Crazy Fun School & Office Party Games

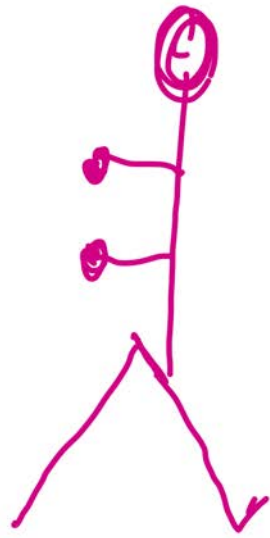
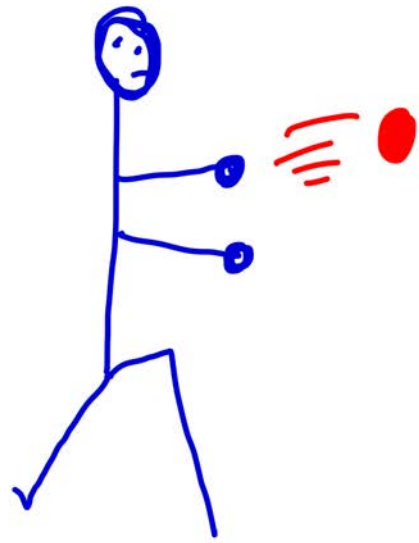
Minute to Win It - Games - Yank Me

<https://littleblizz.com/minute-to-win-it-games-for-teens/>

Minute to Win It Games: 100 Party Games (Ultimate Party Game List)

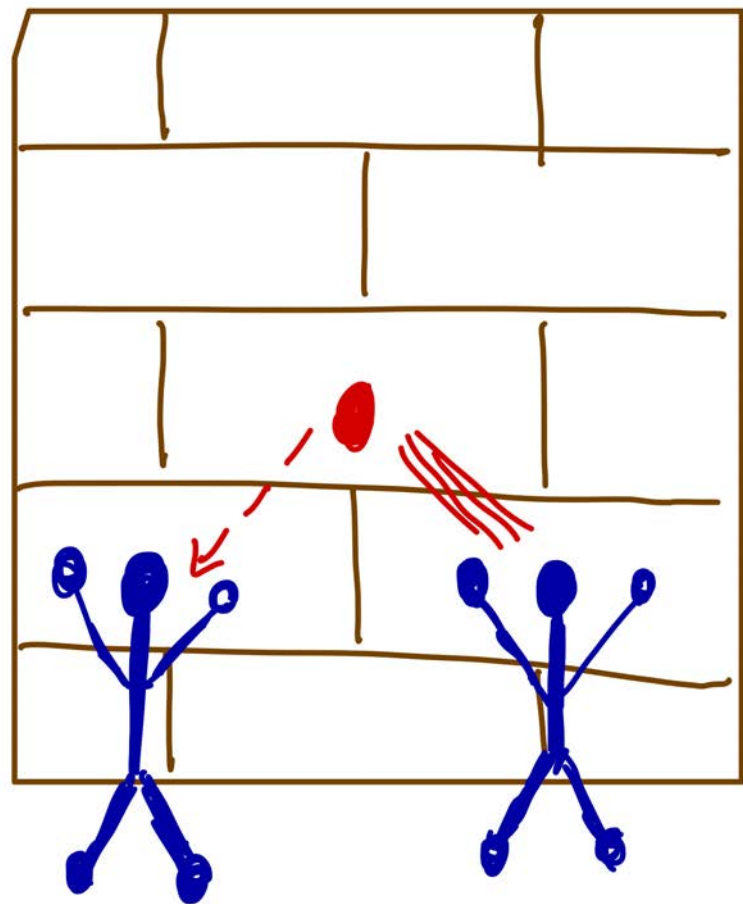


Classic Catches

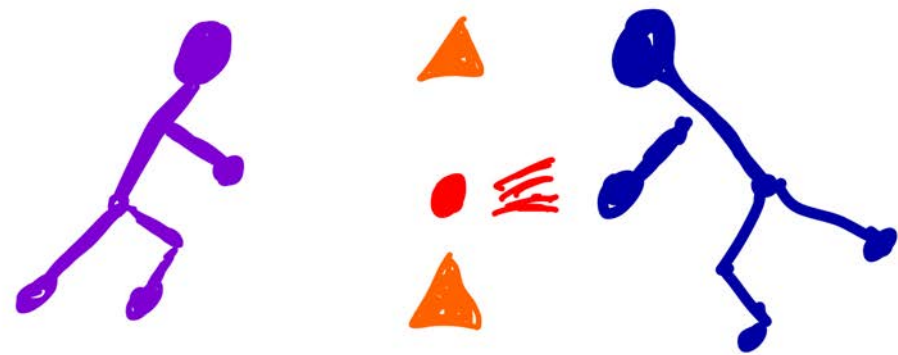


Striking & fielding

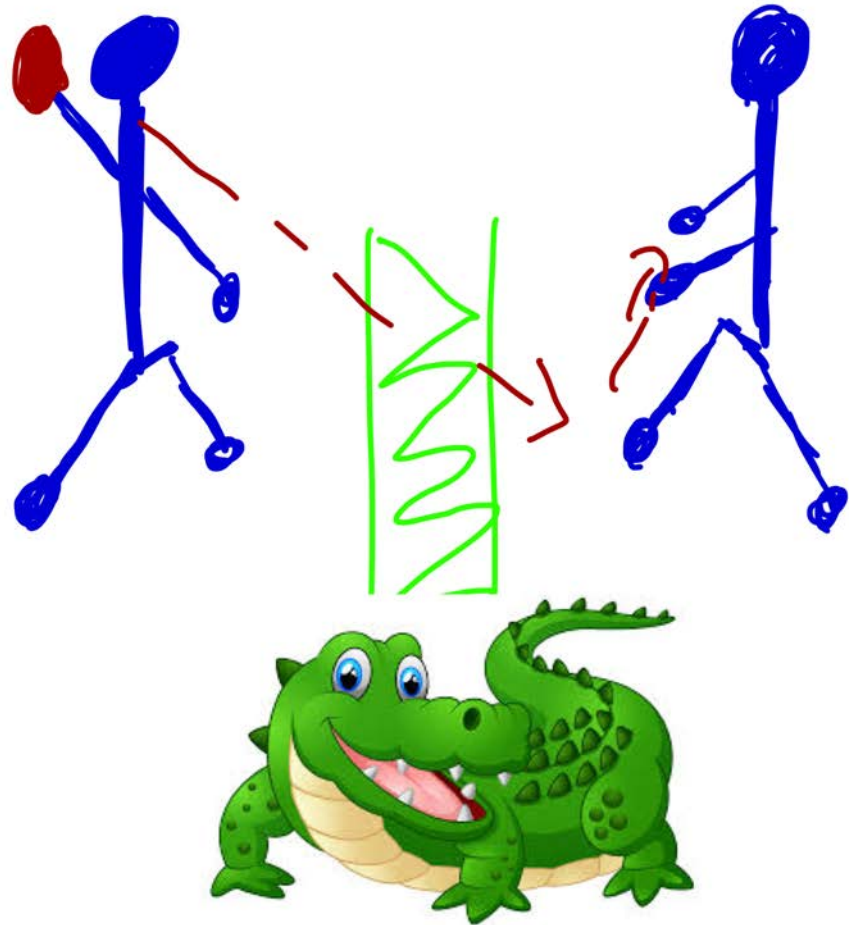
Wall Catches



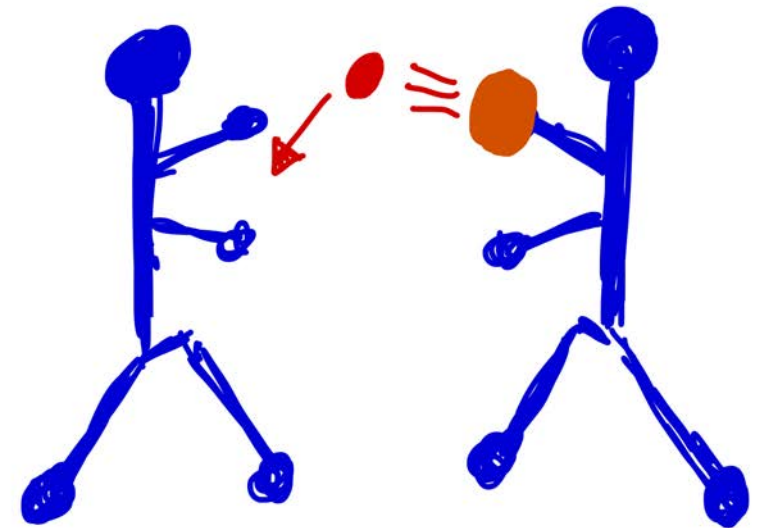
Fielding Cones



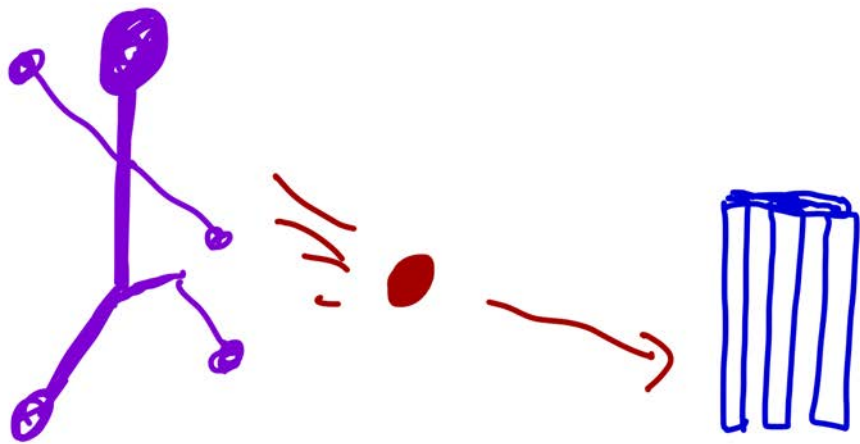
Crocodile Creek



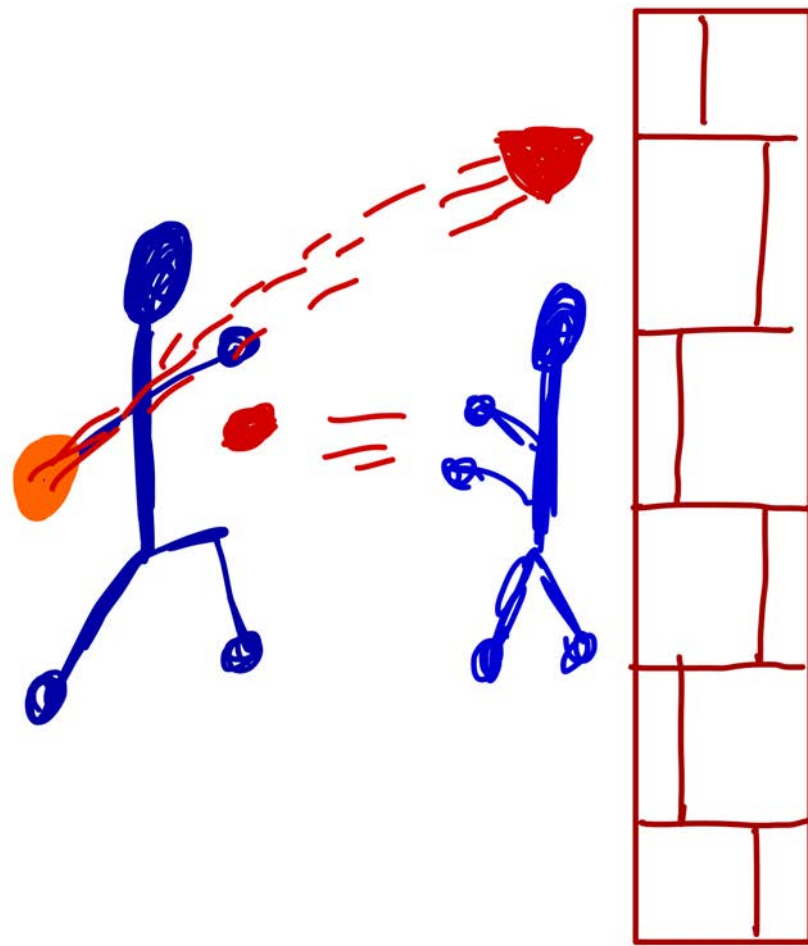
Paddle Strike



Wicket Outs



Wall Bash



BEFORE SCHOOL

National Ride2School Day

Friday 19 March 2021

Join more than 350,000 students across the nation who will ride, walk, scoot and skate to school on Friday 19 March 2021.

[REGISTER NOW](#)



 ACTIVE TRAVEL

Walking School Bus

AT RECESS



AT LUNCH

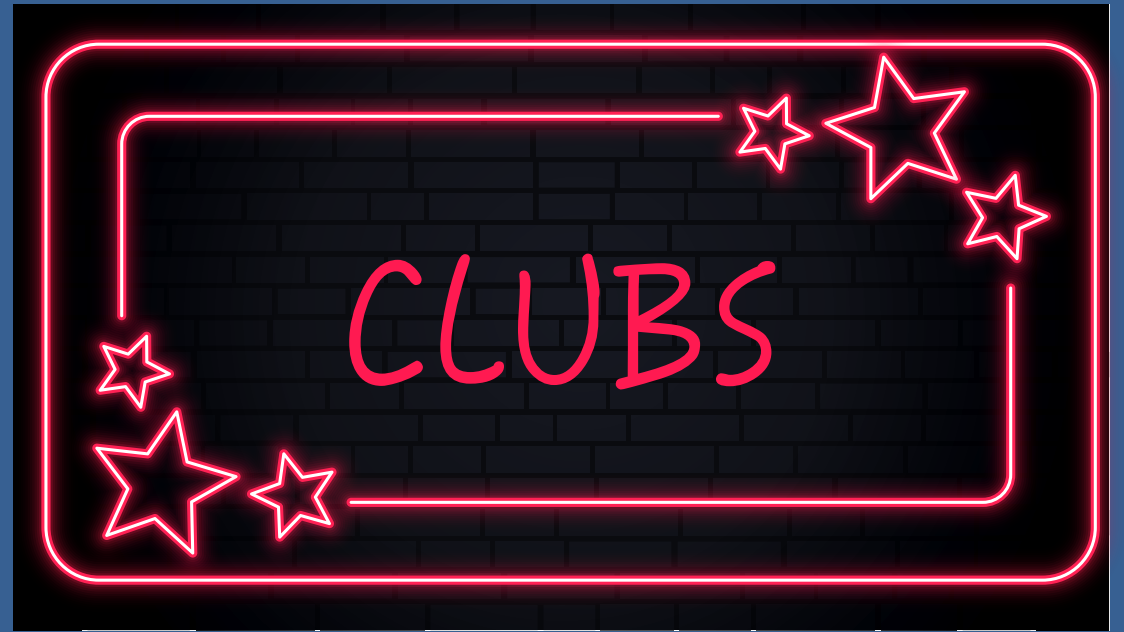
If you jog for 60 secs, where do you end up?

How many steps
Is it from this point
to the football goals
and back?

From this point walk &
talk with a friend.

Jump & touch this sign

Squat & touch this sign



AFTER SCHOOL



Sporting Schools Sport Australia

National Ride2School Day

Friday 19 March 2021

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[REGISTER NOW](#)



OUTCOMES



Student:

Confidence

Competence

Motivation

Social Ability

Knowledge of Self

Knowledge of Content

RESOURCES

www.playmeo.com

www.mikekuczala.com

learningreadinesspe.com

www.sportaus.gov.au

www.achper.vic.edu.au

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