Physical activity Prep – Year 6

**Physical Activity**

Physical activities for healthy kids. Some activities require minimal equipment.

|  |  |  |
| --- | --- | --- |
| Year level | Minimal equipment | No Equipment |
| P-2 | Back to back pass* Cooperative play

<https://www.sportaus.gov.au/__data/assets/pdf_file/0010/703882/Back-to-back-pass.pdf>Kolap* Target game

<https://www.sportaus.gov.au/__data/assets/pdf_file/0006/703950/Kolap.pdf>Skip to my Lou- Movement exploration<https://www.sportaus.gov.au/__data/assets/pdf_file/0008/703988/Skip-to-my-lou.pdf> Weme* Target game

<https://www.sportaus.gov.au/__data/assets/pdf_file/0018/704043/Weme.pdf> | What’s the time Mr WolfStatuesStuck in the mud |

|  |  |  |
| --- | --- | --- |
| Year level | Minimal equipment | No Equipment |
| P-4 | Frogs and lillypads* Movement exploration

<https://www.sportaus.gov.au/__data/assets/pdf_file/0008/703925/Frogs-and-Lily-Pads.pdf>Catching challenge* Striking and fielding

<https://www.sportaus.gov.au/__data/assets/pdf_file/0007/703897/catching-Challenge.pdf>Bullseye* Target games

<https://www.sportaus.gov.au/__data/assets/pdf_file/0005/703895/Bullseye.pdf>Boccia* Target game

<https://www.sportaus.gov.au/__data/assets/pdf_file/0009/703890/Boccia.pdf>Rebound Ball- Net and court<https://www.sportaus.gov.au/__data/assets/pdf_file/0003/703983/Rebound-ball.pdf> Target relay- Target games<https://www.sportaus.gov.au/__data/assets/pdf_file/0010/703999/Target-relay.pdf>  | Everybody * Movement exploration

<https://www.sportaus.gov.au/__data/assets/pdf_file/0006/703914/Everybody.pdf>Frozen Tag* Movement exploration

<https://www.sportaus.gov.au/__data/assets/pdf_file/0010/703927/Frozen-tag.pdf>Fun on the Spot* Energiser

<https://www.sportaus.gov.au/__data/assets/pdf_file/0011/703928/Fun-on-the-spot.pdf>Spaghetti bodies- Movement exploration<https://www.sportaus.gov.au/__data/assets/pdf_file/0010/703990/Spaghetti-bodies.pdf> Spot turns- Movement exploration<https://www.sportaus.gov.au/__data/assets/pdf_file/0004/703993/Spot-Turns.pdf> What happens?* Movement exploration <https://www.sportaus.gov.au/__data/assets/pdf_file/0020/704018/What-happens.pdf>
 |

|  |  |  |
| --- | --- | --- |
| Year level | Minimal equipment | No Equipment |
| P-6 | 2 square bounce* Net and court

<https://www.sportaus.gov.au/__data/assets/pdf_file/0004/703876/2-Square-Bounce.pdf> | Musical Statues* Movement exploration

<https://www.sportaus.gov.au/__data/assets/pdf_file/0011/703964/Musical-statues.pdf> |
| 3-6 | Balancing act* Movement exploration

<https://www.sportaus.gov.au/__data/assets/pdf_file/0011/703883/Balancing-act.pdf>Bat tapping* Striking and fielding

<https://www.sportaus.gov.au/__data/assets/pdf_file/0004/703885/Bat-tapping.pdf>Footy Golf* Target games

<https://www.sportaus.gov.au/__data/assets/pdf_file/0011/703919/Footy-golf.pdf>Take a seat- Cooperative play<https://www.sportaus.gov.au/__data/assets/pdf_file/0008/703997/Take-a-seat.pdf>  | 3 hands 2 feet* Movement exploration

<https://www.sportaus.gov.au/__data/assets/pdf_file/0005/703877/3-Hands-2-Feet.pdf>Moving Fun* Movement exploration

<https://www.sportaus.gov.au/__data/assets/pdf_file/0019/703900/Moving-fun.pdf> |
| 5-6 | Hearts-clubs-diamonds-spades* Movement exploration

<https://www.sportaus.gov.au/__data/assets/pdf_file/0008/703934/Hearts-clubs-diamonds-spades.pdf>Mini golf* Target game

<https://www.sportaus.gov.au/__data/assets/pdf_file/0007/703960/Mini-golf.pdf>Wall tennis- Net and court<https://www.sportaus.gov.au/__data/assets/pdf_file/0013/704011/Wall-tennis.pdf>  |  |