Physical activity Prep – Year 6

**Physical Activity**

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

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| 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 Wolf  Statues  Stuck in the mud |

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| 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> |

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| 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> |  |