

Bat tapping

Time: 20 minutes

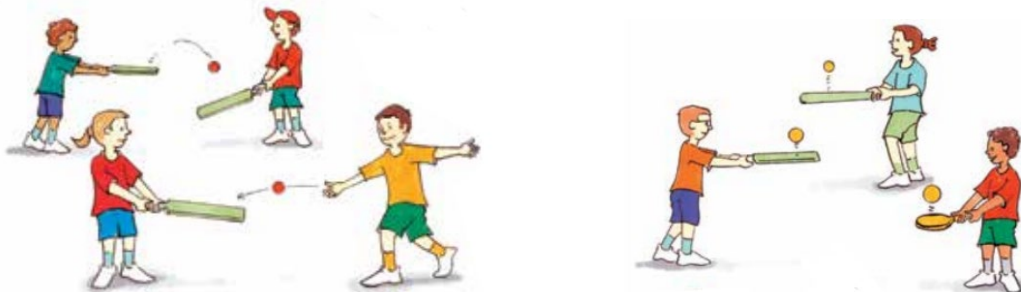
Activity

Individual/partner/group

- Using a suitable bat and ball, keep tapping the ball into the air for as long as possible.
- Count the number of consecutive taps.
- If a player drops the ball, start counting from the beginning again.

Scoring

- One point for each successful hit.



Equipment



- 1 ball and a suitable bat per player.
- Cricket bat, tennis racquet, cricket stump, table tennis bat, paddle, hardcover book, piece of timber (suitable to player ability level).
- Bouncy ball such as a tennis ball, handball, balloon, soccer ball, netball etc.

Activity variations

- Vary the bat and ball.
- Play cooperatively in pairs or groups of 3.
- Vary the distance between players according to ability.
- See how many times players can tap the ball on different parts of the bat.
- Players try to hop/jump as many times as they can while the ball is in the air.
- Allow players one bounce on the ground in between taps.
- Try keeping the ball in the air whilst walking a set distance/course.
- Hold bat with two hands or one hand only .
- Throw the ball to a partner to start.
- Juggle the ball with a partner, taking turns to keep the ball in the air.

Catching challenge

Time: 20 minutes

Activity

Individual

Try as many of the following challenges as you can.

- How many times can you clap your hands while the ball is in the air?
- Throw the ball/item between your legs and catch it.
- Bowl the ball overarm into the ground and catch it after it bounces.
- Drop the item from shoulder height and catch it before it hits the ground
- How high can you throw the item into the air and catch it?
- Catch the item one-handed, try to use the other hand.
- How many times can you spin on the spot while the item is in the air?
- Can you touch the ground while the item is in the air?



Equipment

- Any item you can throw, catch and, if possible, bounce.
- Examples – small ball, plush toy, bean bag, soft grocery item, piece of fruit.

Activity variations

Try some of these challenges:

- Each time you make a catch take one step back, see how far back you can go.
- Catch the item one-handed.
- Throw the item with your eyes shut.
- Catch the item behind your back.
- Catch the item in a hat.
- Each time you drop the ball you have to:
 - drop to one knee
 - drop to two knees if you drop it again
 - put one hand behind your back if you drop it again
 - if you drop it again you are out, start again.

Hearts-clubs-diamonds-spades

Time: 20 minutes

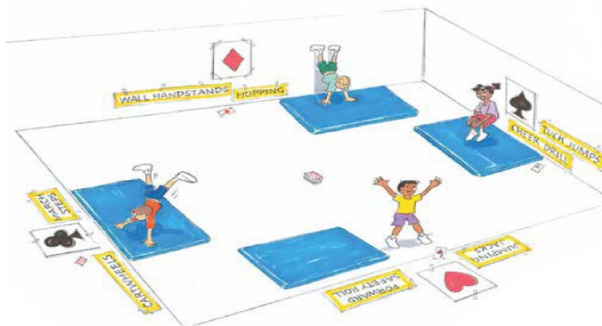
Activity

Partner/group

- Players begin in the middle of the room and pick up one card each off the ground.
- They then run to the wall/area that matches the suit of the card.
- Each has a selection of skills/activities, for example, at the 'hearts' wall, the card might read 'star jumps'.
- Players perform the exercise the number of times indicated by the playing card.
- Once the skill is completed, the player keeps the card and runs to the middle to select another card and repeats the process.

Scoring

- Play for a set amount of time, or until all cards in the deck have been taken.
- Players score 1 point per card collected.



Equipment

- A deck of playing cards.
- 4 posters with pictures or descriptions of various skills or activities (e.g. burpees, frog hops, lunges, star jumps).
- Wall space to display the posters.
- Music and a music player (optional).

Activity variations

- Play in pairs – one person rests while the other completes the exercise.

Week 3 - Package 4 - Kindergarten - Year 6 Physical Activity - GetActive@Home

Things your child will need

Have these things available so your child can complete this task.

Ideal

Kindergarten - Year 2 episodes

- [GetActive@Home Kindergarten - Year 2 episode 1](#)
- [GetActive@Home Kindergarten - Year 2 episode 2](#)

Year 3 - 6 episodes

- [GetActive@Home Years 3 - 6 episode 1](#)
- [GetActive@Home Years 3 - 6 episode 2](#)

Other resources

- [Activity logbook](#)
- [Tracking card](#)
- Specific equipment for each episode is described at the beginning of each lesson video. They are typical items found around the home.

Back up

The episode guides can be downloaded, printed or viewed online and act as a summary of the activities in each episode.

- [Episode guide Kindergarten - Year 2 episode 1](#)
- [Episode guide Kindergarten - Year 2 episode 2](#)

- [Episode guide Year 3 - 6 episode 1](#)
- [Episode guide Year 3 - 6 episode 2](#)

Before your child starts

- Make sure your child has everything ready that they will need at the start of the lesson.
- This is explained at the start of each episode or can be found in the episode guides.
- Check that the videos are working and that the volume is turned up for the video lessons. If they cannot access the videos they can follow the activities on the episode guides.
- Make sure your child has suitable shoes on and that the environment is open and free from obstacles (2 big steps in every direction is enough space).
- If your child has already learnt these skills, this will be a good chance to practise and strengthen this learning.

What your child needs to do

Your child should watch the GetActive@Home videos, which will be released each week, and participate in the activities on the screen. The supporting episode guides are an alternative to the video, and provide an overview of each episode.

In these lessons your child will be learning a range of movement skills in an active way by following along with the presenters. They will learn the important elements that lead to success and will have an opportunity to learn the skills in a sequence. This means the skills will start easy and slowly get harder as the lesson goes on. They will be encouraged to practise these skills through a range of challenges.

Get started with episode 1 and 2 now!

Kindergarten - Year 2 episodes

- [GetActive@Home Kindergarten - Year 2 episode 1](#)
- [GetActive@Home Kindergarten - Year 2 episode 2](#)

Year 3 - 6 episodes

- [GetActive@Home Years 3 - 6 episode 1](#)
- [GetActive@Home Years 3 - 6 episode 2](#)

Check that your child is completing the activity as directed. Check that they are following the key instructions emphasised by the presenter. It is not important that they perform the

skills perfectly or that they achieve success in every attempt. You can use the teaching cues from the activity cards to guide them such as “make a nest” to reinforce the main points. You can ask your child the questions from the activity cards such as “what can you do to make catching easier?”. You might like to join in with the activities too and model the skills as the presenters do.

What your child can do next

- More episodes are released throughout the week so you can find the next episode at the [GetActive@Home website](#).
- Remember to fill in your activity log book and tracking card to keep your child motivated and monitor their progress of being physically active.
- You may decide to rewatch parts of the episode that your child enjoyed or pause the video as you watch to spend more time practising the activities. This can also continue after the lesson, in other locations such as a local park, if safe to do so.
- Now that your child is familiar with some of the activities, you could use episode guides to practise some of the skills throughout the week.

Options for your child

Activity too hard?

- You can slow down the learning by pausing and providing more time to practise.
- You can focus on the key instructions such as ‘make a nest’ or ‘use your laser eyes’.
- Using a bigger ball or object will make most activities easier.

Activity too easy?

- The lessons progress from easy to harder skills so you can move to the end of the video for the challenging activities.
- Using a smaller object in most activities will increase the difficulty.
- Try using the non-dominant hand or foot.

Extension/Additional activity

- Set a personal record and then try to beat that record for an activity.
- Access the range of activities on the [GetActive@Home website](#) for ideas of other challenging games.
- Repeat the episode and see they can beat their records from the first attempt.