

# SPORTAUS

## Circle sit

## Left, right and more

PHYSICAL LITERACY ELEMENTS

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### Format > cooperative activity

**Start with a circle** – players stand in a circle facing the back of the person in front of them. Players are close to each other with toes of each player touching the heels of the player in front. After a count of 3, all players sit down **slowly** on the knees of the student behind. Players **slowly** stand up on a count of 3.



# S-T-R-E-T-C-H

### Format > cooperative activity

**Change it** – choose activities where stretching is undertaken in an engaging activity or in different environments.

- > Ask students to perform skills with a ball and partner.
- > Perform dynamic stretching. Can students identify the muscle groups being stretched?
- > Stretch to music!

### Ask the players

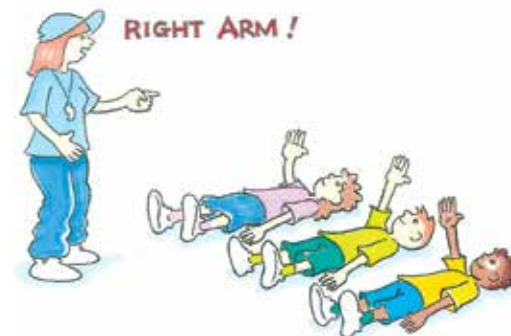
- > Which movements are you good at? Which do you like the most?
- > Which movements do you need to work on?



### Format > relaxation - gentle stretching - winding down

For young kids learning their left and right sides

- > Children lie on their backs – move L or R arm or L or R leg.
- > Move R arm and L leg together.
- > Various movements – hand, arm, foot or leg circles (independently or together).
- > Touch opposites (e.g. R hand to L knee).
- > Repeat from different positions (e.g. on stomach or on L or R side).



**Variation** – players perform limb movements lying on their stomachs, backs or sides. The activity combines L-R awareness and the moving of limbs.

- > Lying on back – raise one leg and one arm off the ground or one leg and both arms.
- > Lying on side – one foot to one hand in front or behind.
- > Have students repeat activities in slow motion to develop core strength and stability.
- > Play the game using 'Simon Says' rules.
- > Ask students to synchronise their movements with one student leading.



CONFIDENCE RELATIONSHIPS

ENGAGEMENT AND ENJOYMENT

SELF-REGULATION (PHYSICAL)

COLLABORATION