

UPPER HUTT

# PHYSICAL ACTIVITY

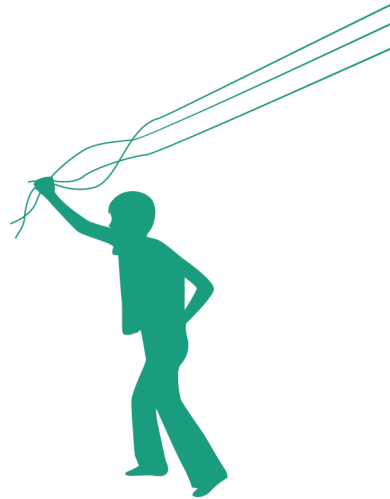
HOMEWORK BOOKLET



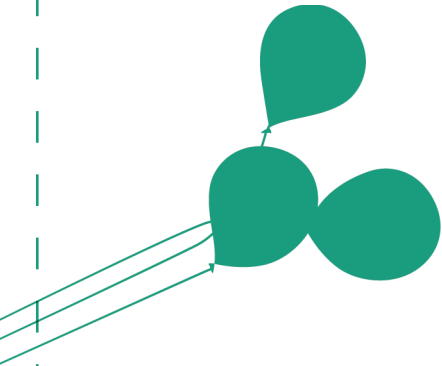
**activation**  
ACTIVE RECREATION



A GREAT PLACE TO LIVE  
**UPPER HUTT CITY**  
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# PARENTS AND TEACHERS



**The benefits of physical activity are widely known and talked about on a daily basis. Many governments worldwide are investing in the improvement of facilities and the development of programmes to encourage healthy lifestyles. Here at Activation we are no exception, with our motto “more people, more active, more often!” Everyday we strive to come up with new schemes to increase the physical activity levels of the Upper Hutt Community.**

To align with the approximate 40 weeks in a school year, Activation has developed this physical activity homework resource. This includes 40 suggested activities (one per week) that focus on physical activity or health, are inclusive, and family orientated. While physical activity is the prominent feature, these activities also encourage more time being spent with the family and offer opportunities for creative learning to occur at home. A study in North Carolina found that 78% of parents enjoyed helping their children with homework and felt that it was a positive experience, that it “unites parents and children and as a result increases family time,” (Smith and Claxton, 2003).

The Ministry of Education (2010), has outlined in its National Administration Guidelines (NAGs) the importance of physical activity. This resource utilises the NAGs, and links with the National Education Goals and Key Competencies through holistic, emotional, physical and social health and wellbeing development (Ministry of Education, 2010). SPARC highlights how physical activity needs to be incorporated into our children's education, as it develops the, "fundamental movement and sport skills to participate in positive recreation for life," (SPARC 2009).

Physiological benefits of physical activity are well documented however there are also clear psychological and educational advantages to regular physical activity. Through this physical activity homework booklet, Activation hopes that you will see an improvement in the affective, cognitive, and psychomotor domains of students. Further research in this area is required, however within current knowledge there are strong correlations between cognitive and behavioural improvement in children due to regular physical activity participation (Coalter, 2009).

At Activation we understand how important it is for children to learn informally outside of the classroom environment. Homework is the primary mechanism for this, and provides the opportunity to increase knowledge and life skills.

This tool provides examples of activities and requires individual teachers and schools to adapt it to their own needs and to have parents engage in their child's educational development. This may include providing additional monitoring mechanisms and aligning with current learning outcomes for the school. Teachers may like to give students choice about which activities to complete and how these are recorded, and modify activities and supporting documents. Some ideas for wider topics of study that could be used in conjunction with this resource are the environment, physical activity and sport, major sports events such as the Olympics or Commonwealth Games, nutrition and healthy bodies, and transport.

We have provided at the back two templates which can be photocopied and distributed to students. This may be useful for implementing physically active homework in your school. Template A is an example of a recording sheet. Template B is a reflection sheet, using de Bono's hats, where students can incorporate literacy components into homework tasks via a journal. The use of template B may require a session on de Bono's work prior to undertaking the journal.

Please note that there are other resources and tools that support this document available from, <http://www.upperhuttcity.com/page/1490/SupportandDevelopment.boss> or contact Activation.

These activities are to be utilised as group activities within families, with friends and if necessary amongst class groups at school. We recognise that for some students completing group tasks may be challenging with respect to rural dwellings, apartments and other features of the home environment. As options, activities could therefore be completed before and after school or alongside family gatherings.

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# 40



## PHYSICAL

## ACTIVITIES



## 1 **STAND ON 1 LEG COMPETITION:**

Ask everyone to stand on one leg. This is an excellent assessment of ankle strength and balance. Ask who can be the last one standing? Consider non-contact (more meditative) or contact versions. Swap legs and try again.

## 2 **NAME PANTOMIME:**

Each person chooses an action-word to go with their name (e.g. Swimming Sam), then shows the action to the group who repeat it. This is a whole-body way to introduce oneself & to learn people's names.

## 3 **ANIMAL TAG GAME:**

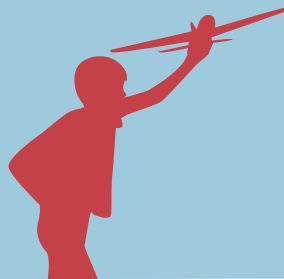
You need at least 10 kids playing including a caller. All the players must first line up in front of the caller, and the caller whispers an animal name to each player that they will be in the game. Once all the names are given out, the caller gives them ten seconds to run around. Afterwards, the caller starts calling animals out. When the caller calls an animal, that person has to run from everyone and all the other players have to tag that person to get him or her out, but the caller doesn't have to wait until the person is out to call the next animal. The caller can call another animal before or after the person is tagged, it's up to the caller. This goes on until there are only two players left. The remaining players must go to a designated area with boundaries to do a sudden death. They do the same thing, but this time they are not allowed to step out of the boundaries. If they step or are tagged, they are out and the last one standing is the winner. The winner will be the caller in the next game.

#### 4 BELLY DOUBLE CIRCLE TAG:

Choose one player to be the runner and one player to be the chaser. All other players are to lie in a big circle in groups of two. The players lay side-by-side then a space then the next two players with their heads facing the centre of the circle and lying on their bellies. On go, the chaser will try to tag the runner. The runner will run on the outside of the circle and try to find a space to lie down next to one set of players. The player on the opposite side of that pair will have to get up and start running from the chaser. If the runner is tagged then they are to turn around and chase the chaser. The new runner will find a spot to lie down and the player on the opposite side will start running because they are the new runner. Can be used by a coach to condition any young athletes.

#### 5 CORNER CORNER ("KO NA KO NA" - PAKISTANI):

This game is for 3 - 5 players which is played in Pakistani and the children love it. Mark off four corners of a square in a play area. A chalked off area would be helpful on blacktop/sidewalk. One player will stand in the middle and be the person that is it. The other 2-4 players will each stand in a different corner each. The object is for the corner players to communicate which two players will switch positions without being tagged by the player in the middle. If a player is tagged, that player is the new middle player.



## 6 HEADS OR TAILS:

This is a game for small or large groups and needs a coin to play. Have the players divide into two teams. Label one team HEADS and the other TAILS. Lay out two centre lines that are parallel to each other and three feet apart. Then set up two boundary lines about 20 feet from the centre lines for each team to cross for their safe zone. Use hoses or rope if outdoors and tape if indoors. To start, make teams stand with their backs toward each other at the centrelines. Toss the coin into the air. Once the coin has landed on the ground call out if it's heads or tails. If it was tails, the TAILS team must run to their safe zone. The HEADS team will turn around and try to tag the TAILS team before they reach their safe zone. After each toss and chase, players are to return to the centreline, except tagged players (they are out of the game). You play until one team has captured everyone on the opposite team and that team is the winner. Heads or Tails is a good game for Physical Educators, Youth Groups, picnic game or party game.

## 7 JAPANESE TAG:

Similar to the regular game of tag except the one who has been tagged must place their right hand on the spot where they have been touched, whether it is on their arm, their chest, their back, their ankle, etc. Then they must chase the other players in that position until they have tagged a new person to be "IT".

## 8 DOWN DOWN DOWN:

You start off with a tennis ball and throw the ball continuously back and forth until somebody drops the ball. When someone drops the ball you say "Down on one knee", then say the same person drops it a second time then you say "Down on two knees", then if the same person drops the ball again you say "Down on one elbow" and again you say "Down on two elbows" and then chin and then you're out but remember you have to stay in the position you're in to catch the ball and throw the ball.

## 9 FREEZE TAG:

In this version of Tag, one person is still "IT", but when they touch someone, that person is "frozen" in place. They cannot move and must stand with their feet apart. The only way they can become unfrozen is if a person crawls under their legs. Play continues until all the players are frozen. Then the last person to be frozen is "IT" for the next game.



## 10 WHAT'S THE TIME MR. WOLF?:

One player is the wolf and they will stand with their back turned to the others about 5 metres in front of the others. The others call out, "What's the time Mr. Wolf?" and the wolf turns to face the others and shouts out a time. E.g.: 10 o'clock. The others would then take 10 steps toward the wolf. The group will take the same amount of steps toward the wolf as the amount of hours in the wolf's time. eg, 2 o'clock = 2 steps, 6 o'clock = 6 steps etc. etc. The wolf will then turn his back to the group again for them to yell "What's the time....?" (He looks at the group only when he shouts the time at the group). When the group gets close to the wolf the next time the group yells "What's the time Mr. Wolf?" The wolf will say "DINNER TIME" and run after the group who are running back to the start line, and hopefully catch one of the group who will then be the wolf. It sounds messy, but when played is an enjoyable game.

## 11 CRACK THE WHIP:

The kids usually play this at recess and should be prepared to get dirty. You need at least probably 6 people for the game to be effective but the more the better. You all hold hands. Someone is picked to be the leader and someone as the caboose. The leader just starts running around like crazy and everyone else follows, being sure not to let go of hands. Eventually after everyone has been running with full speed and making sharp turns the caboose and/or people next to him get sent flying because of the force of everyone running and turning. This is a lot of fun but be prepared to get dirty if you're on the end. Also the leader and caboose can use two hands to hold on to the one person they are connected to. The caboose tries as hard as they can not to let go. (Holding on and flying around was usually funnier than letting go and rolling to a stop)

## 12 INDIAN WRESTLING:

Two players lay down on the floor or the ground head-to-toe and line up their hips. They then raise their inside leg straight up and then lower it three times, saying "1,2,3!" After the "3!" the combatants link their legs together at the knee and try to flip the other "wrestler" over into a forced backwards somersault.

## 13 CHINESE ELASTICS:

First you begin with the elastics around the ankles of two children. Another child jumps in the elastics with both feet. Then the child jumps out of the elastics with both legs straddling each outside elastics. Next, the child jumps from side to side (Straddling each side). Then the child jumps on the elastics. Then out again. Finally, the child takes the elastics, crosses it using their legs, so that their legs are inside of an x. Then the child has to jump out and straddle the elastics. With each jump if they land on the elastic when they are not supposed to, then they are out. Or if they are trying to land on it and miss they are out. Once you accomplish the ankles, you move up to the waist, then below the arms, then finally the neck.



## 14 **FOUR SQUARE:**

In the standard game, there are four squares painted on the ground, all touching each other, making one larger square. Each small square is roughly 8" x 8", but that's not a hard and fast rule. The ball used is the standard red 'kickball'. Each player occupies one of the squares. The squares each have a rank order. The square with the highest rank is called the 'King' (Sometimes the 'Ace'). The other squares sometimes have names and sometimes don't. The #2 square may be called the 'Prime Minister' or the other three may be called the 'Queen', 'Prince', and 'Princess'.

To start the game, the King serves the ball by bouncing it in his square once and then hitting it towards one of the other squares. The receiving player then hits the ball to another player, and play continues until one of the following things occur:

- 1) A player hits the ball (or is hit BY the ball) before it bounces once in their square.
- 2) A player does not hit the ball before it bounces twice
- 3) A player hits the ball out of bounds (it must land in someone's square first)

Once a player is 'dead', they move back to the lowest ranking square. The other players then move up to fill the vacancies. If there are more players than squares, that person goes to the back of the line, and the person at the front of the line gets to move onto the lowest square and play. Playing off walls, poles, etc was not only legal but encouraged.

## 15 **500:**

One person is the thrower, and everyone else clusters about throwing distance away from the thrower. The thrower tosses the ball in the air towards everyone else and announces a number between 50 and 500, like so: "I've got 200 up for grabs". If a kid catches it they get as many points as the thrower yelled. If someone drops it though, they lose the same number of points (a negative score is possible). The first person to get 500 points wins and becomes the thrower for the next game.

## 16 **BOM, BOM, BOM:**

There are two sides (teams), doesn't matter how many on each side and it doesn't have to be even. It's sort of like Charades, but instead of acting out a word or phrase, you act out occupations. Each side gets in a "huddle" at their "home base" to decide what occupation they will act out and whichever side is ready first begins. That "team" yells loudly, while "marching" toward the other team, "Bom, Bom, Bom...Here we come...All the way from Washington." Then the other team yells, "What's your occupation?" Answer: "Almost anything!" Then the other team yells, "Get to work!" The team starts acting out its occupation (such as painters, auto mechanic, etc...) and when the other team guesses correctly, the "acting" team has to run back to its "home base" without any member being tagged by the other team. If they make it, they get to do the acting again.

## 17 CRACK UP BALL GAME:

This game is best played by a medium (4-10) group of kids. One player has the ball and is "it". They run after one or more of the others to try to throw the ball and hit one of them (obviously a reasonably soft ball is used). The others try to avoid being hit. Whoever the ball is thrown at can attempt to catch the ball. If they catch it, the thrower loses a point. If they don't catch it (or don't try) and they're hit, they lose a point. If no one is hit, no points are lost. If the ball is not caught, any nearby player can try to grab the ball to become "it". When a player loses 5 points, they're out. Play continues until there's only one left -- the winner.

## 18 HORSE:

Two or more players need a basket, ball, goal and markers (if not on a gym floor). Each player takes turns shooting the ball from the square closest to the goal (right side) which is called "H" and when they make the goal they move to the next square "O" and try to make that basket. The next area "R" is from the free throw line and then the player will travel to the next square on the left which is "S" and finally to the closest square to the goal on the left side "E". Each player starts on "H" and can only throw the ball once. If they miss they must go to the end of the line and wait their turn. As a player makes each basket they move around in front of the goal throwing the ball from each spot on the floor spelling out 'horse'. The player who spells out 'horse' first is the winner.

## 19 TRIANGLE TAG:

Basketball players benefit greatly from this game. Triangle Tag has three positions: "It", "blockers" and the person getting chased. Three people grab each others wrists to form a triangle. Next, decide who will be getting chased, the other two in the triangle will be the blockers. The fourth person (outside of the triangle) will be "It." Their job is to attempt to run around the blockers and tag the designated person. The triangle should turn in circles in an attempt to keep the "It" from making the tag. This should be a no-contact game and the "It" is not allowed to reach between the blockers to make the tag. Great fun, a cooperative game and very tiring!

## 20 PUSH UP TIC TAC TOE:

This one is self-explanatory. Play tic tac toe while holding a push up position. If need be, the players can move to a knee push up as long as the hips are in line with the knees and the shoulders. Talk about making a ho hum game challenging!



## 21 OBSTACLE RELAY:

The more imaginative the better. You basically need to construct an obstacle course around your house or garden. Example obstacles are:

- an apple bobbing bucket (see: Bobbing For Apples)
- an item of clothing to put on
- a skipping rope to skip 5 times
- a balloon to blow up until it pops
- a ball to throw into a bucket
- a table to crawl under
- a drink to drink (you can add food colouring to make this more fun)
- a musical instrument to make a noise with
- a piece of cake to eat with no hands
- a piece of paper with instructions for an animal noise e.g. "Bark like a dog 5 times" etc

Depending on what you like, this can be a physical test with more jumps and runs, or a messy challenge with eating, drinking and noise making or a combination. Mark a start and finish line. You can put a whistle on this line and ask your players to blow it at the start and finish of their run. Now demonstrate the course to your players so they all know exactly what to do. To play, all you do is split your party into relay teams (2 or more). For each team, every player takes a turn to run the course, the next player starting when the previous one finishes. Time each team and award prizes to the winners.

## 22 SHOE CHASE:

Everyone takes off their shoes and puts them down the back of their pants/trousers/waistband. Make sure everyone has plenty of 'shoe' sticking out so the shoes can be grabbed. Now get everyone running around. The objective is to grab the shoes from the other players. Once both your shoes have been grabbed you go out. You must hold the shoes you grab in your hands. You cannot stand with you back to a wall. The winner is the last person left with one or two shoes in their waistband.

## 23 BLIND FETCH:

Set up two to three teams and assign one person on each team to be blindfolded. Once all chosen players are blindfolded and teams are established, have one person throw out the ball into the play area. Each team is to stand back from behind a designated line and instruct their teammate where the ball is by yelling out instructions. If a player finds the ball, they are to return to the team while still blindfolded and they receive 3 points. If another person with a blindfold tags them, that team receives 1 point. Then another team member from each team will try to complete the same task. Blind Fetch is a great game for Physical Educators, Youth Groups, picnic game or party game.



## 24 **BROOM HOCKEY:**

This game requires several brooms, rubber ball, and goals (boxes or buckets). It can be played in any size room, make two goals opposite of each other. You start the game with a face-off in the centre of the room. Opponents attempt to hit the puck into the opposite goal. The goalie is allowed to block shots in any way they desire. Penalties may be assessed for delaying the game, holding the puck with hands or feet, high sticking or other unnecessary roughness. The opposite team may receive a free shot (except for goalie) on goal when penalties occur. For large groups limit number of players and substitute once a score is made.

## 25 **FITNESS MANIA:**

This is for small and large groups and requires a pack of playing cards and the creation of some activity slips. For this activity the players will perform a variety of fitness activities in "Fitness Mania" in order to improve their own levels of physical fitness (muscular strength, muscular endurance, body composition, flexibility and cardio respiratory endurance). Dividing into two teams each team will line up single file on opposite side of the card and activity slip piles. The first person on each team will run towards the middle and pick up a card and an activity slip. Each card represents a number: Jack = 11, Ace = 14 etc... Note: If a player picks up an activity that their team has already done, then they must pick another activity slip. Players will run back towards their group then read and perform the activity as a group. (e.g.: Do \_\_?\_\_ curl-ups). The next person in line then goes and the game continues until all of the cards or activity slips are gone. The team that finishes first wins.

Safety Issues: Players should allow plenty of space during the various activities including running towards the middle to grab a card and activity slip.

## 26 ONE LEG CHALLENGE:

All players go into a marked off area. Players are to cross their arms and hop on one foot without letting the other foot touch the ground. Players challenge each other by bumping or pushing other players' bodies to cause them to lose their balance. If any player lowers their other leg and touches the ground they are out of the game. The last player on one leg is the winner.

## 27 UMBRELLA BOUNCE:

This game requires tennis balls and one or more umbrellas. Set up umbrellas upside down about 10 - 15 ft away. Have players try to bounce tennis balls into the umbrellas, but they should bounce at least once. You can even see who can bounce two or more times into their umbrella.

## 28 POI TOA DODGE (KARO) (PAPARE/TIA):

This game involves throwing Poi to try and hit the evading player. You need more than 3 people. Your aim is to either avoid being hit by the poi if you are the runner, or to hit the runner if you are throwing. The bigger the area, the harder it is for the taniwha throwers. You will need Poi to throw (or equivalent). Each team gets several minutes to throw the Poi at the evading player within the specified area. Count the number of hits. Whoever achieves the most hits wins.

29

## TU KOHATU / TU POHATU / ROCK STACKING:

This game involves stacking rocks or stones. You must try to stack rocks in a pile as high as you can without it falling over or hurting yourself or others. Play this game in an area with lots of rocks and stones, such as down by the Hutt River.

### Variations:

Racing to build the highest level of rocks in set time

Same amount of rocks to build the highest tower

2 teams build towers and then try to knock each others over

Leaning tower, take turns and who ever topples the tower losses

30

## RELAYS – BIG FOOT AND CHIMP RACE AND ORANGE RELAY:

### Big Foot:

You need a large grassy area and rubber boots to play this game. Set up teams with each team assigned one pair of large rubber boots. These boots can be fishing waders and it would be helpful if the players could just slide their shoes right into the boots without taking off their shoes. Have teams line up behind the starting line. The first person on each team must put on the rubber boots, race down the grass course and back, take off the boots and the next person on the team will do the same. When the last person on one of the teams crosses back through the starting line first, they are the winners.

### Chimp Race:

Set up teams and play area. The first person on each team is to bend over with feet apart and grab their ankles. On “go”, they are to race down the course and back without letting

go of their ankles. Each person on the team repeats the relay. The first team done is the winner.

### **Orange Relay:**

You need oranges to play this game. Divide into groups depending on participants and supplies. The object is to pass the orange from one teammate to the next from under the chin without using your hands. If groups are small, make them go around twice.

## **31 LILY PAD:**

You need paper plates for this game. Divide the group into teams of 4 or more. They will have 2 fewer plates than the number of teammates. The object of this game is to get all team members across a space (pond) by stepping on the plates (lily pads) only. The number of people on the team will determine length of space. Since they are plates, a bit of leniency should be practiced as far as stepping only on the plates. At least half of the player's foot must be on the plate. Each team must come up with a strategy for passing the plates back and forth in order to get all teammates across the space (pond). The first team to get all members across wins. After the teams try this, and think they have it figured out, have them try again with these variations:

- No shouting out instructions; in fact, NO words at all. They can use stomps, grunts, snaps or whatever else they can come up with, but no talking.
- Every 30-45 seconds (moderator controlled), one plate is taken from the team (moderator's choice). Whoever is on that plate must go back to the beginning, and the team has to come up with a strategy to get that person back with the team.

## 32 SNAKE PIT:

You need blindfolds and ropes for this game. Divide the group up into teams. Each team will need one blindfold and the first person on each team will put it on. Lay out 3-5 ropes across the play area that will have to be crossed over by the players with the blindfolds. The next player in line will lead the blindfolded player across the play area and back by the sound of their voice. If the blindfolded player touches the ropes or leader that player will have to go back and start over. Once the blindfolded player has made it back to the starting line, the leader will put on the blindfold and do the same. The next person in line will now be the new leader. The first team to finish leading all players across the Snake Pit by faith is the winner.

## 33 SUITCASE RELAY:

You need suitcases and large silly clothes such as: pants or funny skirts, shirt, hat, scarf, mittens & shoes, to play this game. Divide into teams depending on supplies. Have suitcase filled with same amount of silly clothes for each team to put on. First teammate is to run and open suitcase, put on clothes, clap three times, remove clothes, place back into suitcase, close it and tag next teammate. The next person is to do the same. First team to complete task is the winner.

## 34 INTER-GENERATIONAL INTERVIEW:

Interview your parents/grandparents about the types of physical activities they did when they were younger. Get them to teach you some of the best ones they participated in and teach them one you like doing yourself!

## 35 **PHYSICAL ACTIVITY RECORDING:**

Over a week, record the amount of physical activity that you and your family do together. Once completed, make a graph with the chart, analyze results and see if you feel you do enough, set some goals for the future weeks to try and achieve. Ask your teacher for some templates to record results and set goals.

## 36 **MEDLEY ACTIVITY:**

Your challenge is to come up with a family game or activity that uses three out of the following four elements:

Family Pet

Sprinkler

Garage or House Wall

A made up Map

Record what this activity is and then give it a go!

## 37 **SWAPPER:**

Swap a made up idea with one of your classmates. Trade the idea so that you complete their one, and they complete yours.



## 38 **MAKE A NIGHT OF IT:**

Attend a sporting event with your family. Discuss the importance of sport and physical activity with the other members of your family while you are watching the game. Remember, it helps you think, feel better about yourself, keep your body healthy, gives you a chance to spend time with family and friends and best of all it's great fun! Talk about the huge range of options that are available for you to participate in. Remember there are both competitive and non-competitive options.

## 39 **DAILY FITNESS CLUB:**

Create a weekly fitness club with your family and friends. Check to see if your school has an existing fitness club that you can attend, otherwise make it a neighbourhood activity. Go for morning runs, rides or play games twice a week for six weeks. This is a difficult challenge to keep going the whole time but you can do it!

## 40 **ACTIVE TRANSPORT:**

Make an effort to use active transport to get to and from school for the week. You could walk, cycle, scooter or skateboard to school. Make it a social occasion and invite your friends to join you. If you enjoy the week, continue using active transport for the rest of the year. This is a great way to get outdoors, be active and spend some time with friends and whanau. There are some great active transport resources available from <http://www.gw.govt.nz/schooltravelplans>














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