



Level 1 Activities

RUNNING

Move Like An Animal

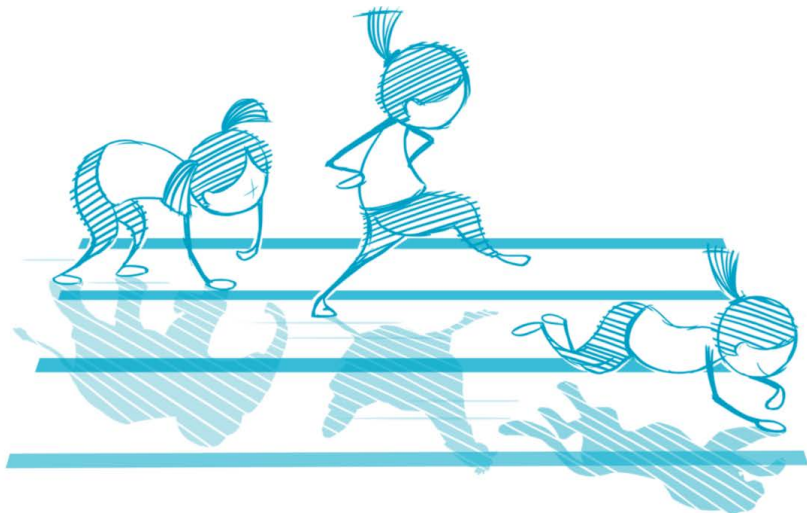
Equipment Needed

Two teddies, cuddly toys or cans of food.

How to play

Use your teddies as markers. Place them five metres apart. Run up and back from teddy to teddy ten times.

Try running like different animals such as a cheetah, a hippo or a chicken. Practise running at different speeds such as running after a bus, running out of water, backward running.



Adapted from  [Move Well, Move Often - Book 1 Page 27](#)



Level 1 Activities

RUNNING

Standing Starter Sprints

Equipment Needed

Two teddies, two t shirts.

How to play

Place two teddies ten metres apart. Stand at one teddy and invite someone at home to stand at the other. Practise “On your marks, set, go” with your partner calling out the commands. Sprint over to your partner. Swap roles.



Adapted from  [PSSI Lesson Plans - Infants Lesson 3 Page 4](#)



Level 1 Activities

JUMPING

Long Jump One

Equipment Needed

Two teddies or jumpers to mark the start and finish of your jump.

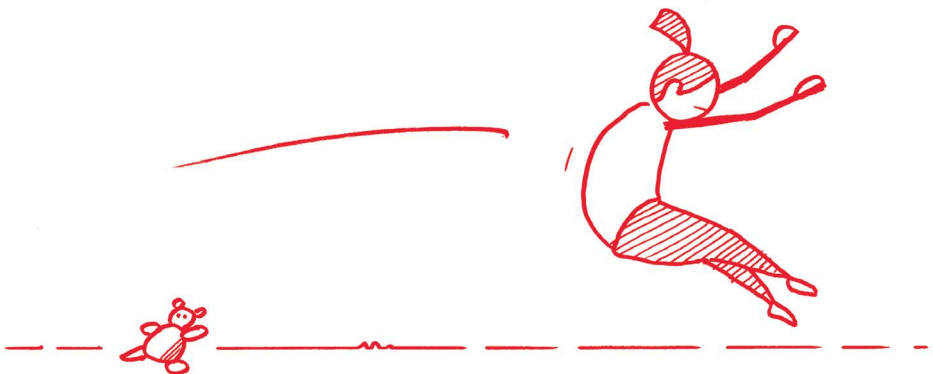
How to play

Place one teddy down as the starting point. Exploring jumping for distance:

- Jump two feet and land on two feet
- Jump one foot to land on two feet
- Jump one foot to land on one foot

Place another teddy down where you land.

Note which type of jump is your longest distance!



Adapted from  [Move Well, Move Often - Book 1 Page 79](#)



Level 1 Activities

JUMPING

Vertical Jump

Equipment Needed

A piece of chalk or a pencil and a measuring tape.

How to play

Stand sideways to a wall in the playing area. Practise jumping up high and straight, to touch the wall. Invite someone from home to mark your jump height with chalk. Try to beat your previous height. Turn around and try on the other side reaching up with your other hand!



Adapted from  [Move Well Move Often - Jumping for Height Video](#)



Level 1 Activities

THROWING

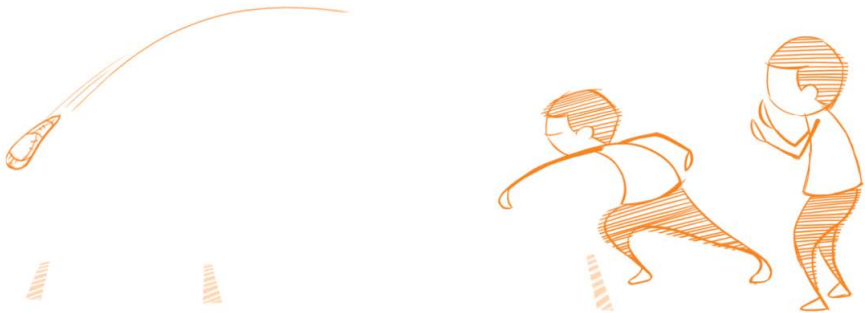
How Far Can You Throw?


Equipment Needed

A teddy, a soft toy or a beanbag.

How to play

Invite someone at home to play with you, or play on your own. Stand at your starting line and throw as far as you can. How many different ways can you throw? (underarm, overarm, chest-pass, throw from each hand etc). Walk to where your teddy lands. Count your steps as you walk. Try to beat your score or your partner's score.



Adapted from  [Move Well, Move Often - Book 1 Page 160](#)



Level 1 Activities

THROWING

Flying Teddies

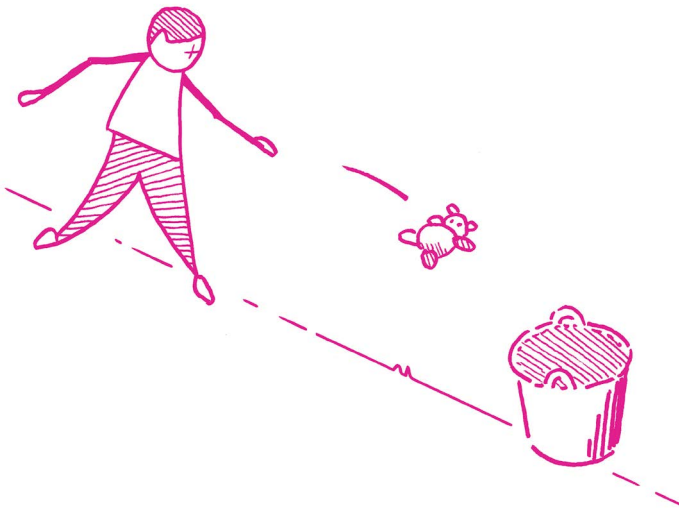
Equipment Needed

A teddy or a soft toy, a target for example a bin or a basket or a bucket or a hoop.

How to play

Place your target one metre away from you. Stand facing your target. Practise throwing your teddy into the target. How many different ways can you throw? (underarm, overarm, chest-pass, throw from each hand etc). Each time your teddy lands in the target, move the target one step further away from you.

Switch the rules around, for example, if you lose you become the chaser.



Adapted from  [Beyond the Classroom - Throwing Video C](#)



Level 2 Activities

RUNNING

Super Shuttle Runs

Equipment Needed

Three jumpers or three t-shirts.

How to play

Place three jumpers on the ground five metres apart. Start at the first jumper, sprint out to the second and back to the first. Next sprint out to the third jumper and back to the first. Invite someone at home to time you. Try it again to beat your time! Imagine that you are your favourite sportsperson!





Level 2 Activities

RUNNING

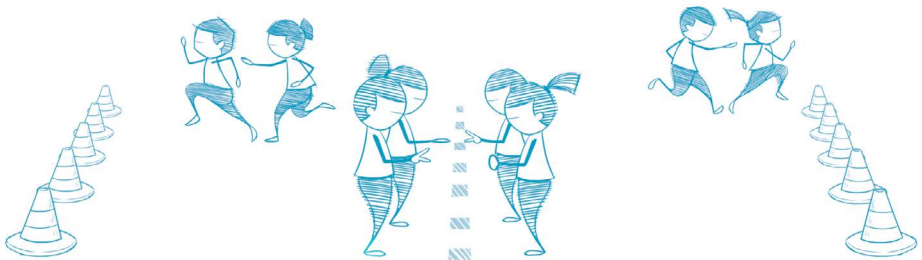
Rock Paper Scissors Tag

Equipment Needed

An open playing area and a den or safezone.

How to play

Invite someone at home to play Rock, Paper, Scissors with you. The winner of this game then chases and tries to catch the other person before they reach the den or safezone. If you catch the other person you receive a point. The first person to reach three points wins the game. Switch the rules around- if you lose Rock, Paper, Scissors you become the chaser.



Adapted from  [Move Well Move Often - Book 2 Page 28](#)



Level 2 Activities

JUMPING

Long Jump Two

Equipment Needed

A length of rope or string and a teddy or jumper.

How to play

Use the rope as the start line on the ground. Practise:

- A standing long jump from the line
- Jumping two feet and landing two feet
- Running up to the line and jumping

Mark the distance of your jump with your teddy. Try to improve your distance.



Adapted from  [Move Well, Move Often - Jumping for Distance Video](#)



Level 2 Activities

JUMPING

Obstacle Jump

Equipment Needed

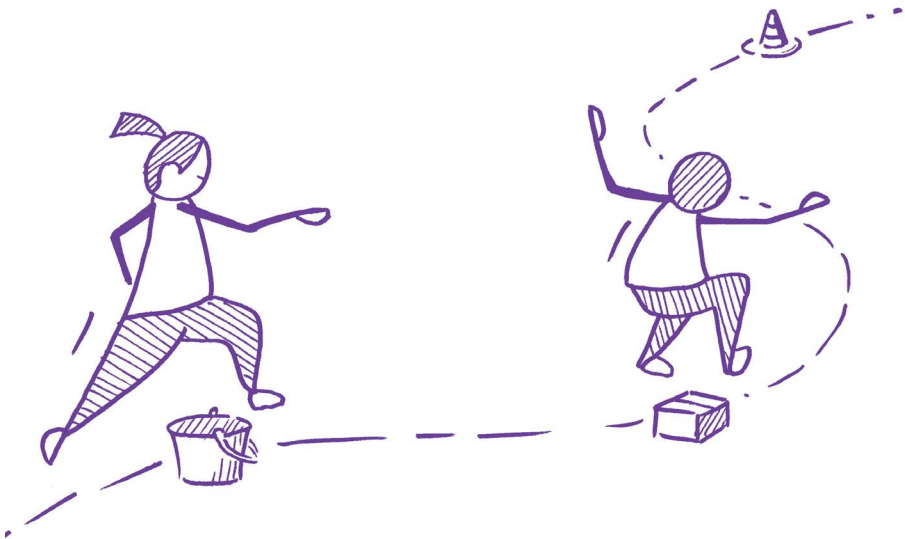
Four obstacles to jump over such as toys, jumpers or boxes.

How to play

Place your obstacles two metres apart in the playing area. Skip or run up to each obstacle and jump over it.

Try jumping

- From two feet to land on two feet
- On one foot to land on the same or other foot



Adapted from  [Move Well Move Often - Book 1 Page 78](#)



Level 2 Activities

THROWING

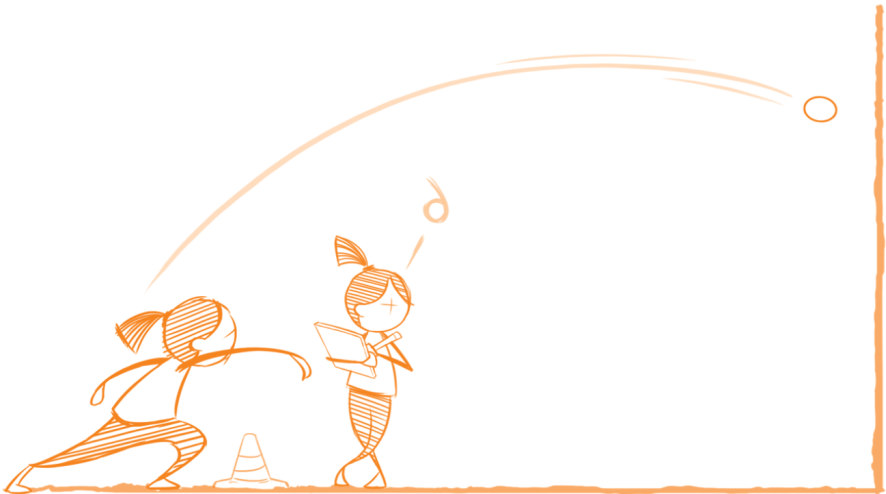
Tennis Ball Challenge

Equipment Needed

A tennis ball.

How to play

Stand one metre away from your wall. Practise your underarm and overarm throws to the wall and catch. How many can you do in one minute? To challenge yourself try to use your non-dominant arm. Challenge someone at home to beat your score.



Adapted from  [Move Well Move Often - Book 2 Page 159](#)



Level 2 Activities

THROWING

Step it Out

Equipment Needed

A tennis ball, a teddy or a beanbag.

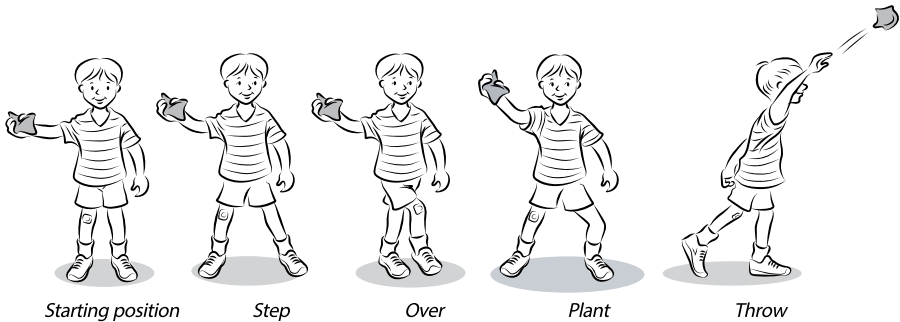
How to play

Practise the stepping sequence for throwing a javelin -step-over-plant-throw.

Walk to where your teddy lands. Count your steps as you walk.

Try to beat your score.

Invite someone at home to play with you.



Adapted from  [PSSI Lesson Plans - Athletics, 3rd/4th Class Lesson 3 page 3](#)



Level 3 Activities

RUNNING

Reaction Rocket Races

Equipment Needed

Two jumpers or two t shirts.

How to play

Lay out two jumpers ten metres apart in a playing area. Invite someone in your house to shout "GO". Get up and sprint from the following positions:

- Lying on your tummy
- Lying on your back
- Sitting on your bum
- Kneeling on the ground

Which one of these positions do you sprint the fastest from?



Adapted from  [PSSI Lesson Plans - 5th/6th Lesson 1 Page 2](#)



Level 3 Activities

RUNNING

Stamina Run

Equipment Needed

An open playing area, a stopwatch, a whistle.

How to play

Invite someone at home to run with you. Run at a pace that allows you both to run for five minutes without stopping.

While you run, discuss the following topics:

- Your favourite breakfast, lunch or dinner
- Your favourite movie, book or television programme
- Your favourite holiday, animal or musician



Adapted from  [Move Well Move Often - Book 3 Page 19](#)



Level 3 Activities

JUMPING

Triple Jump

Equipment Needed

A line of rope or string, an object to mark your distance for example a teddy or a jumper.

How to play

To learn how to do the triple jump, practise the following steps:

1: Jog, take off on one foot, land on the same foot (this is called a hop).

Practise this several times.

2: Jog, take off on one foot and land on the other foot (this is called a step).

Practise several times.

3: From a standing position, do the hop, then the step and then a jump as far as you can. Try to link the 3 moves together without any pauses.

4: From a jogging start, do the hop, then the step and then the jump as far as you can.

5: Using a start line of rope or string, jog up to the line then begin the hop, step and jump. Mark your distance from the start line with your teddy or jumper and try to beat your score!



Adapted from  [PSSI Lesson Plans - Athletics 5th/6th L4 p.4](#)



Level 3 Activities

JUMPING

Hurdle Jump

Equipment Needed

Two chairs and a sweeping brush or mop.

How to play

Set up your hurdle by placing two chairs facing each other about one metre apart in the playing area.

Place the brush resting across the two chairs to make a bar to jump over. It should be at about knee height.

Practise jogging up to the bar and jumping over it. Take off from one foot and land on the other.

How many hurdle jumps can you do without knocking the bar?



Adapted from  [PSSI Lesson Plans - Athletics 5th/6th L3 pg.3](#)



Level 3 Activities

THROWING

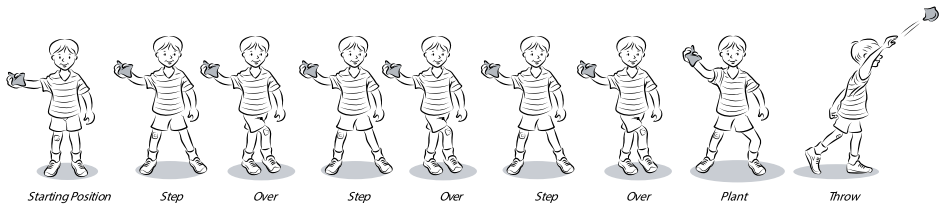
Run and Let Go

Equipment Needed

Something to throw such as a beanbag, a ball or a soft toy.
A piece of string, a scarf or a skipping rope to use as a throwing line.

How to play

In your playing area choose your start line. Place your throwing line five metres away.
Take a short, fast approach run and throw your ball as far as you can.
Walk to where your ball lands. Count your steps as you walk. Mark where your ball landed.
Try to improve your throwing distance each time.



Adapted from  [PSSI Lesson Plans - Athletics, 5th/6th Class Lesson 1 page 4](#)



Level 3 Activities

THROWING

Knock 'Em Down

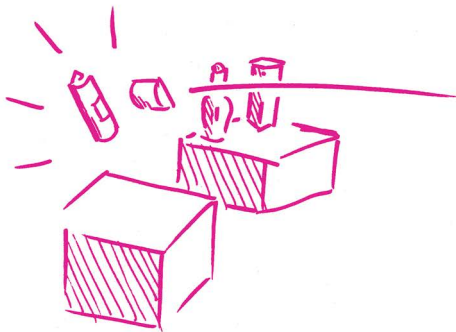
Equipment Needed

A ball or a beanbag, objects to use as targets for example empty plastic bottles or cans.

How to play

Place the targets five metres away from you. Throw overarm from a standing position trying to knock down the targets.

To increase the challenge throw with your non-dominant arm or increase your distance from the targets.



Adapted from  [Beyond the Classroom - Throwing Video B](#)