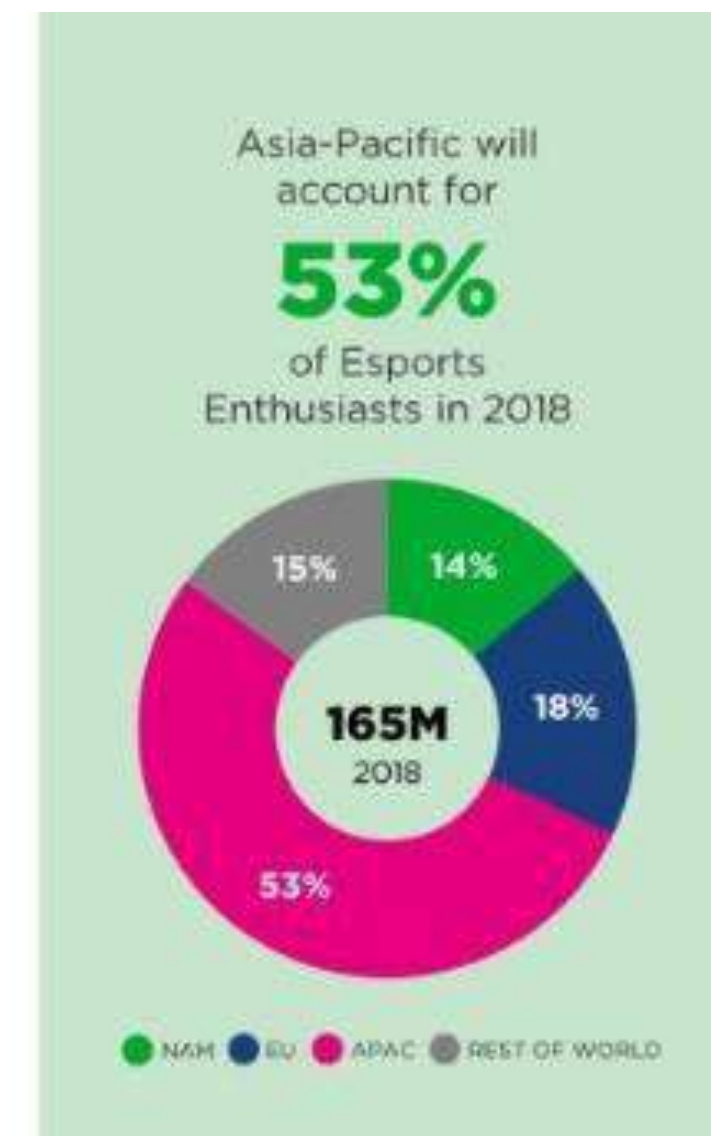
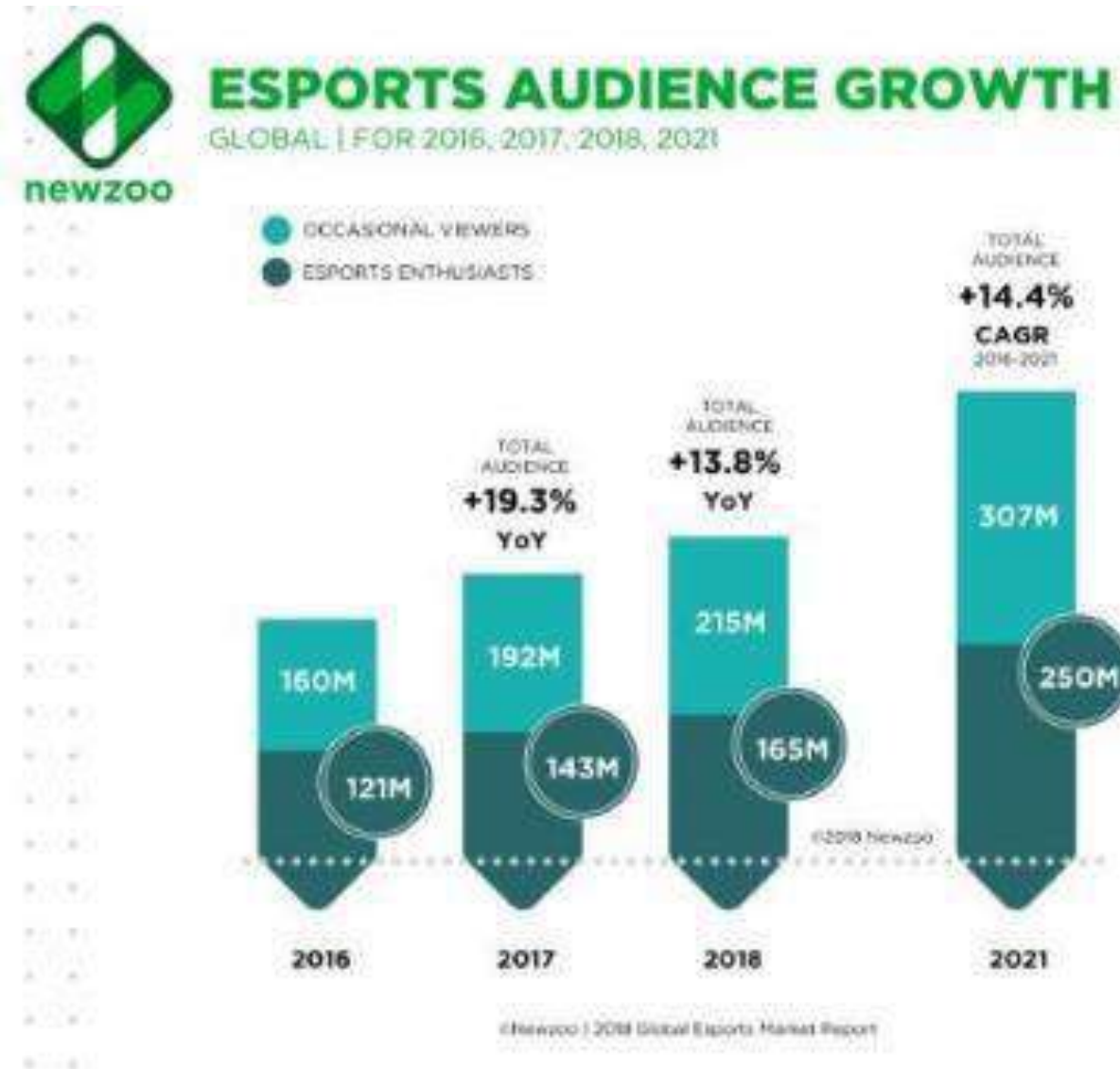


YEAR 4

A black smartphone is shown from a front-facing perspective. The screen is black and displays white text. The phone has a circular home button on the left side and a vertical camera lens on the right side. The text is centered on the screen.

USING ENGAGING ELEMENTS OF SCREEN TIME
FOR
MOVEMENT & HEALTH RELATED OUTCOMES

GATHER | THINK | DESIGN | BUILD | TEST | PLAY



INTEGRATED APPROACH

Rotation 1

FUTURE BOWLS

FUTURE BOWLS

Designing your own bowls course | creating rules | play

ACTIVATION (4 laps of locomotor skills)

SHORT BREAK – UNPACKING THE SESSION AS A WHOLE GROUP

CRAFT FUNDAMENTALS (Rolling in Pairs)

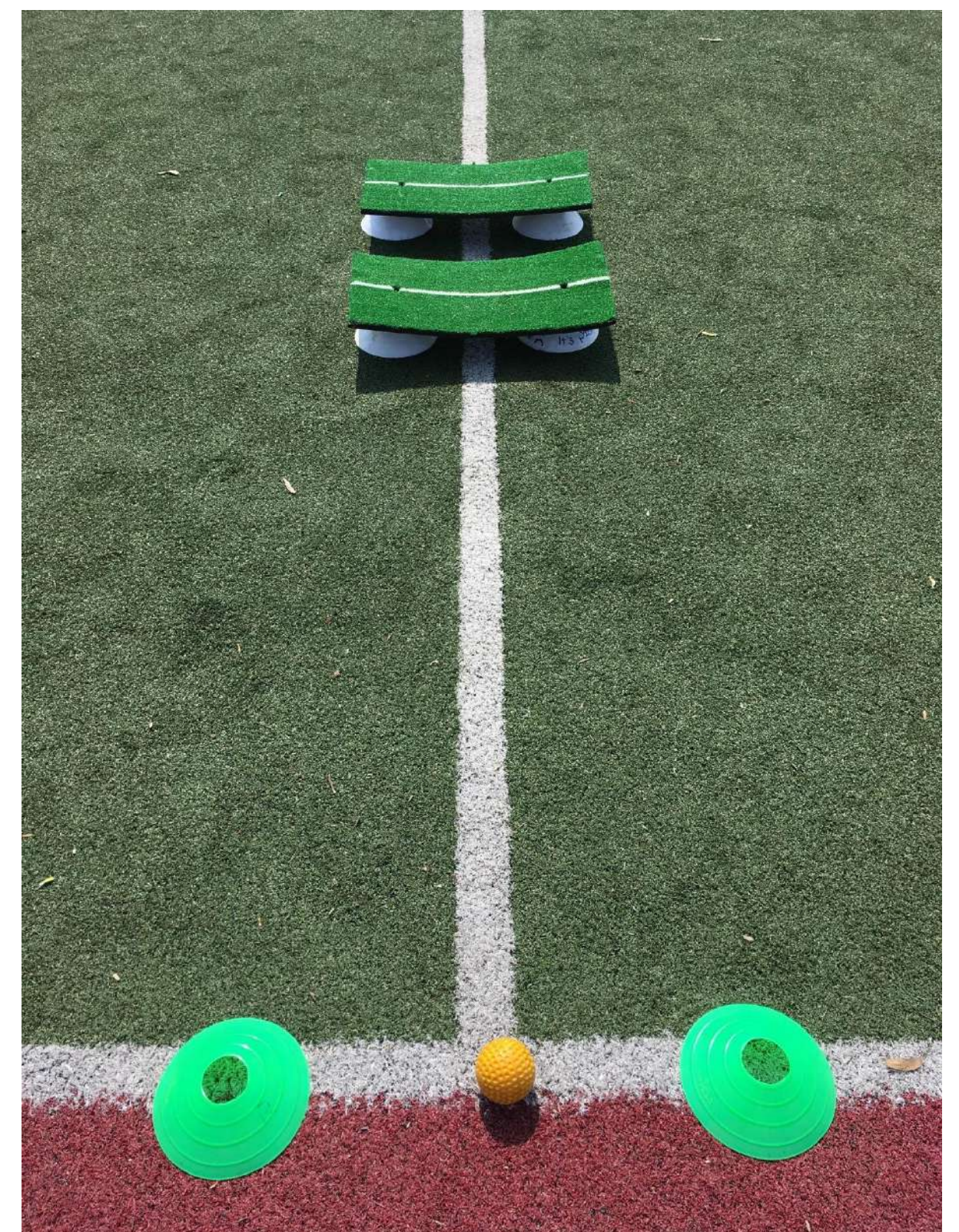
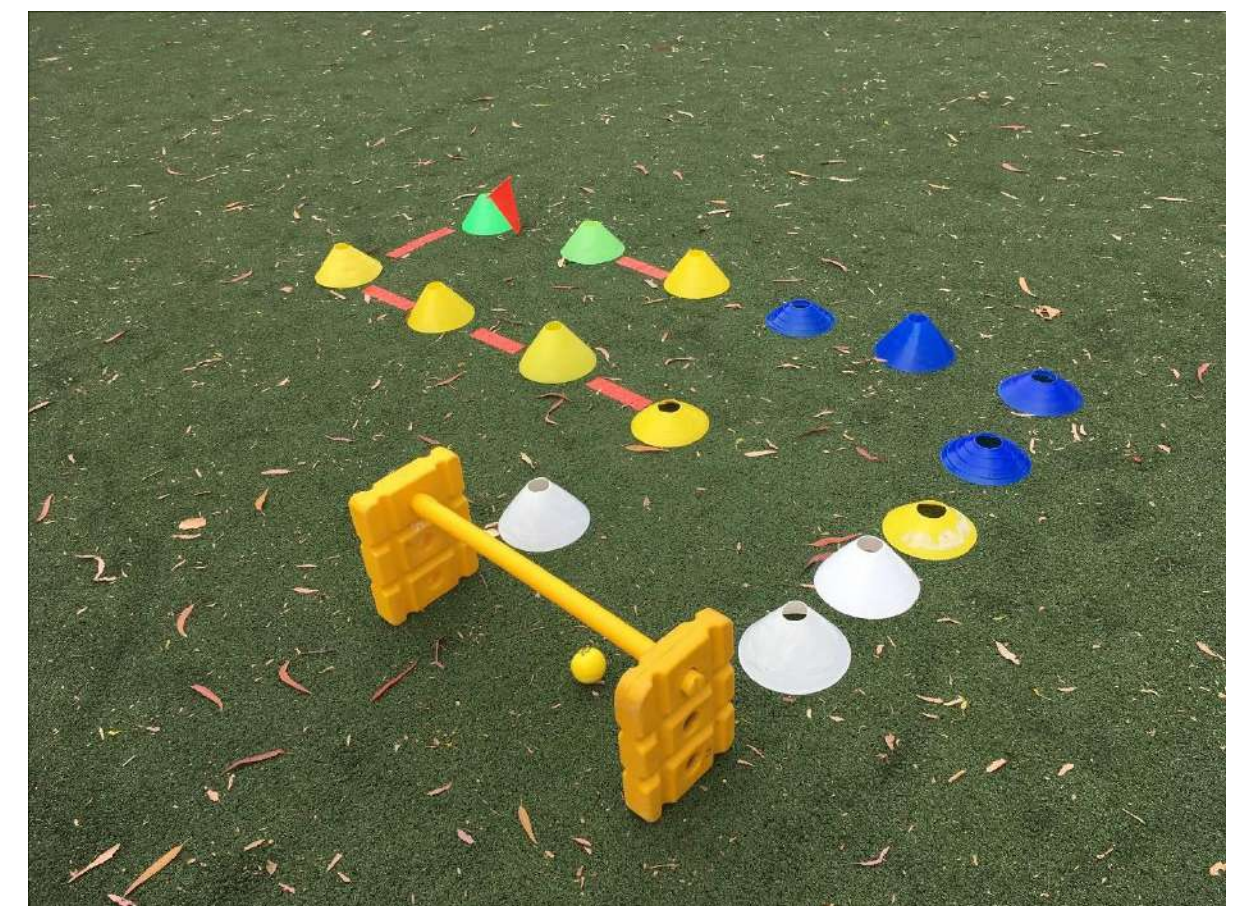
In pairs – vary the distance that partner roll to each other

CHANGE IT – add in hurdles for the students to roll towards/under

BUILD | CREATE | PLAY

WHOLE GROUP REFLECTION/REVIEW





INTEGRATED APPROACH

Rotation 2

DUDE PERFECT

DUDE PERFECT

Designing your own structure/target | creating trick shot | play

ACTIVATION (4 laps of locomotor skills)

SHORT BREAK – UNPACKING THE SESSION AS A WHOLE GROUP

CRAFT FUNDAMENTALS (Passing in Pairs)

In pairs – have 3 races. First to 20 call out Dude Perfect

CHANGE IT – change the skill focus e.g. go from throwing to kicking

BUILD | CREATE | PLAY

Groups of 5. A person creates a trick challenge with equipment and/or the resources around them e.g. a fence/tree. Students have a comp to see who can be the first to complete the challenge. When the challenge/trick has been achieved someone else in the group creates a new trick/challenge to achieve.

WHOLE GROUP REFLECTION/REVIEW

Off the bin and onto the Frisbee



INTEGRATED APPROACH

Rotation 3

MARIO KART

MARIO KART

Design a track | creating rules | play

ACTIVATION (4 laps of locomotor skills)

SHORT BREAK – UNPACKING THE SESSION AS A WHOLE GROUP

MOBILITY (x 10 PUSH UPS)

x10 ARM CIRCLES

x10 TWISTS

x10 PUNCHES (JABS)

x10 LUNGES

x10 DIPS from a seat

x10 HOPS ON E. LEG

x10 PUSH UPS

x10 STAR JUMPS

BOYS BUILD A TRACK & RULES

GIRLS BUILD A TRACK & RULES

PLAY

WHOLE GROUP REFLECTION/REVIEW



USE STOPWATCHES TO TIME RACES TO MINIMISE RISK OF CRASHING/INJURY

INTEGRATED APPROACH

Rotation 4

LEGO GAME

LEGO GAME

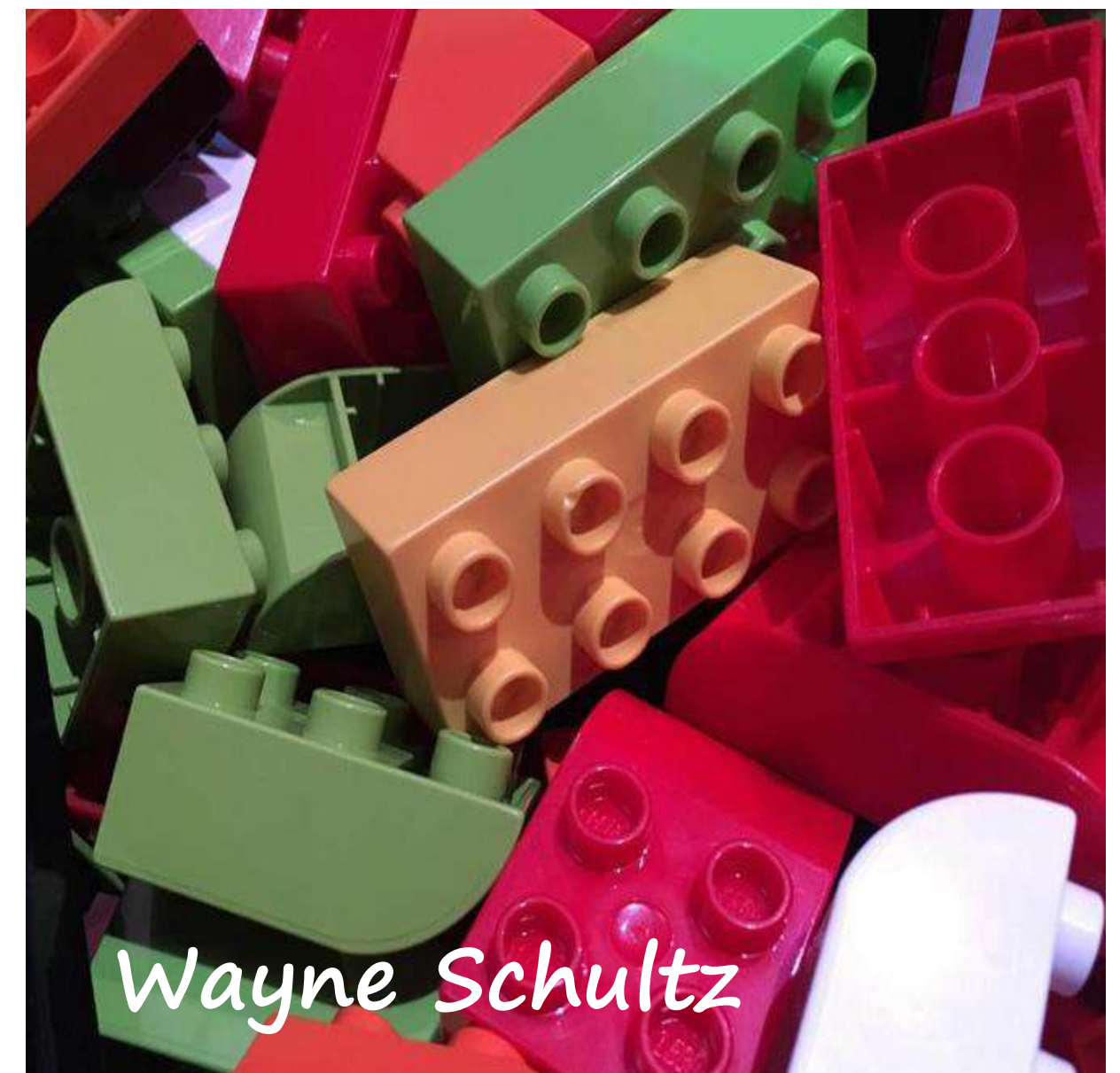
gather I design I build I play

With the 'LEGO APPROACH' look at a piece of equipment as if it was LEGO.

How can you use equipment this piece of equipment within your game?

Game

- Groups of 8.
- Participants select 4 – 12 items of equipment.
- Display tolerance towards each other.
- Work in collaboration to develop an inclusive game with adequate movement (volume) and high level of skill involvement (repetition).



THE LEGO MOVIE

BUDGET \$60 million

BOX OFFICE \$469.1 million

LEGO GAME

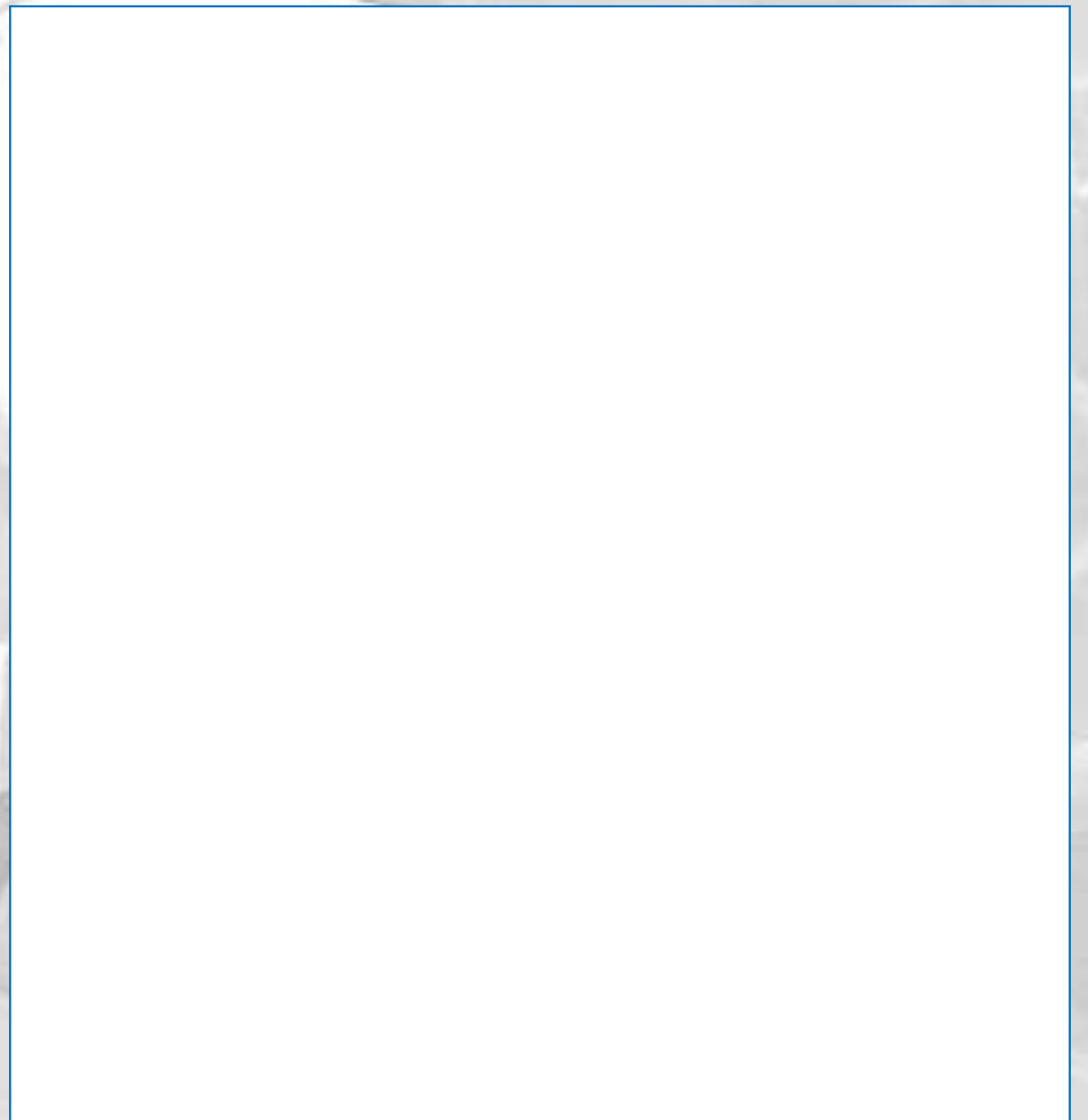
What are your items?

What skills are used in your game?

What rules have you created?

How did you adjust or change the activity/game?

Image of game/set up



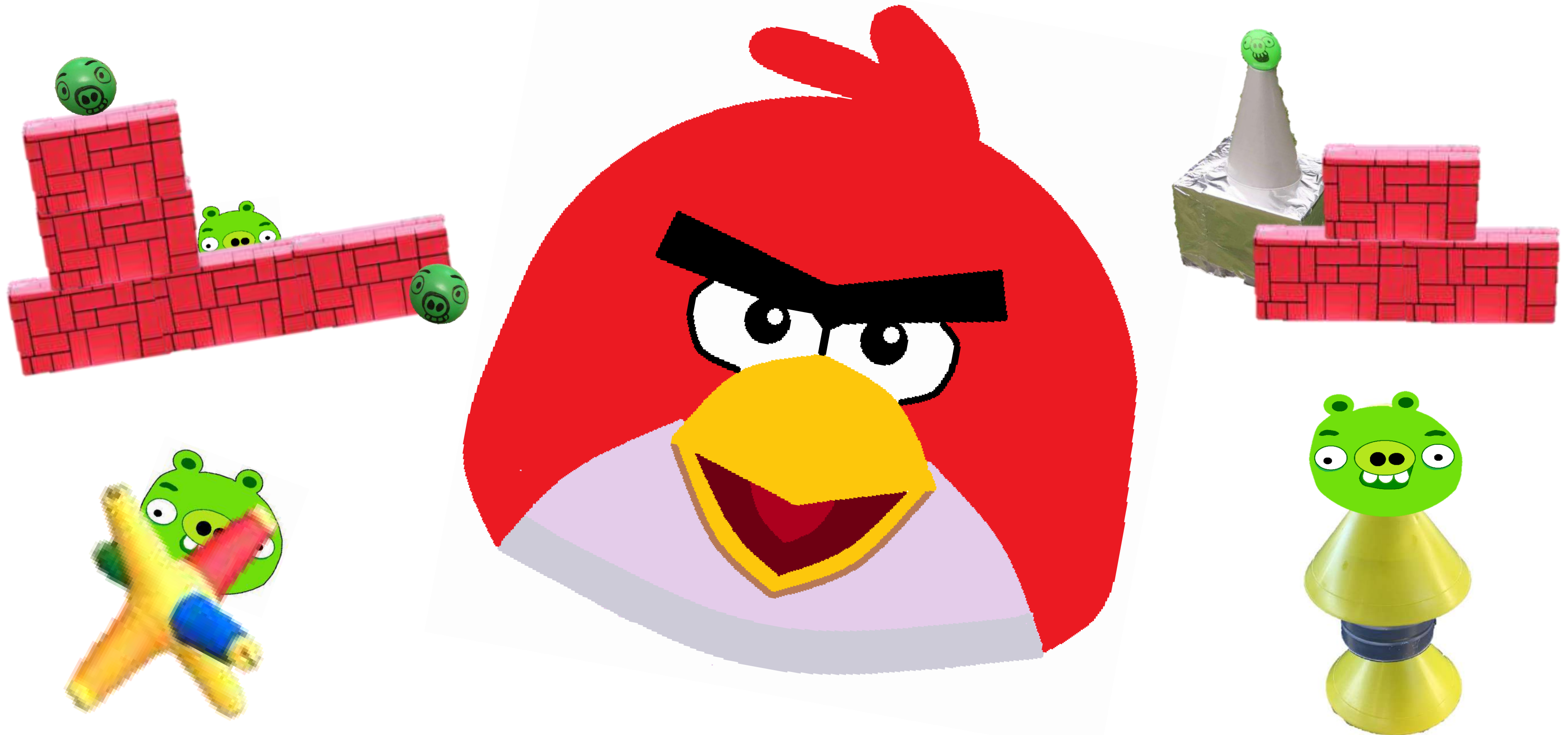
Wayne Schultz

INTEGRATED APPROACH

Rotation 5

ANGRY BIRDS

ANGRY BIRDS



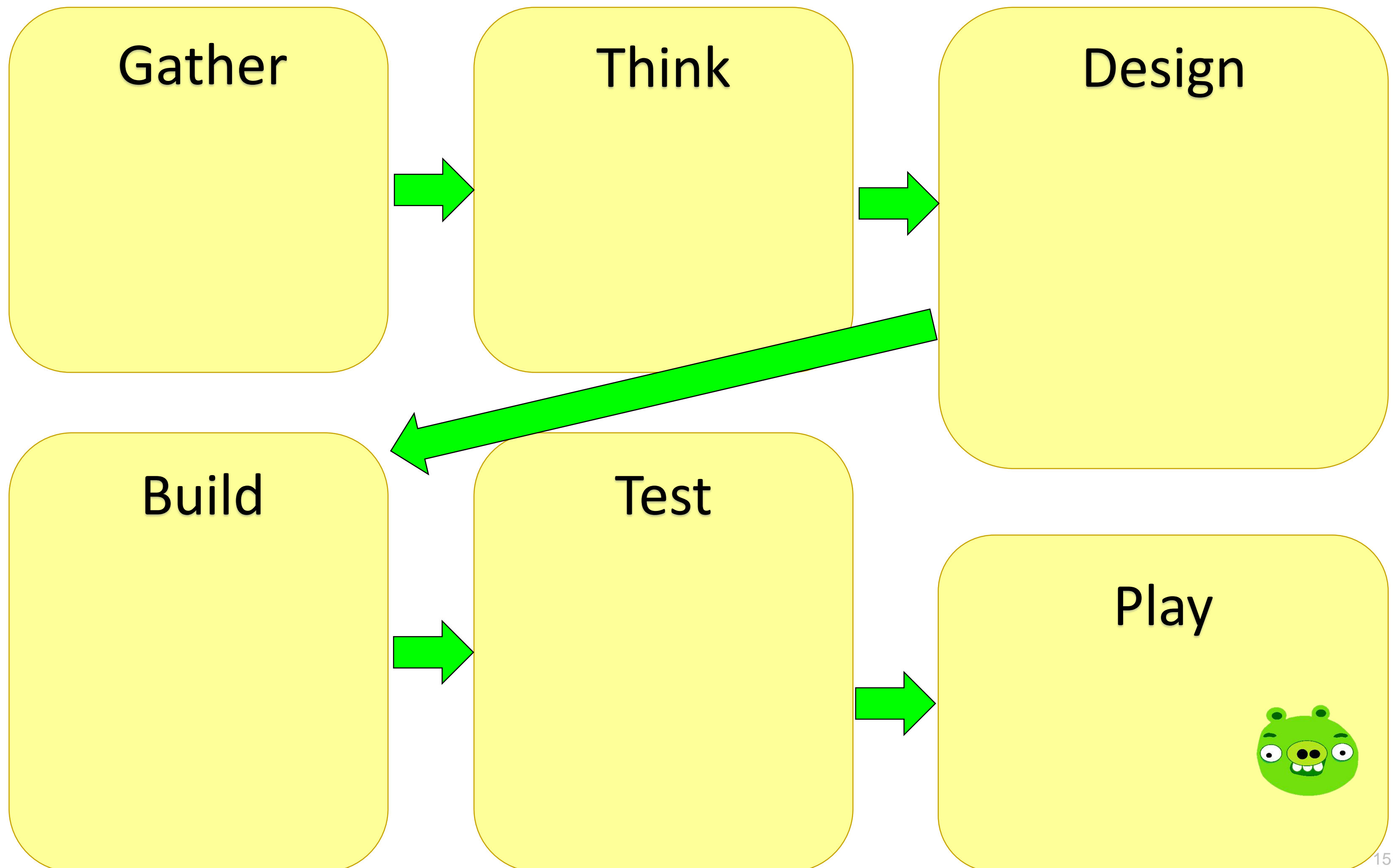
WHY? WHY NOT WITH OVER 3 BILLION DOWNLOADS

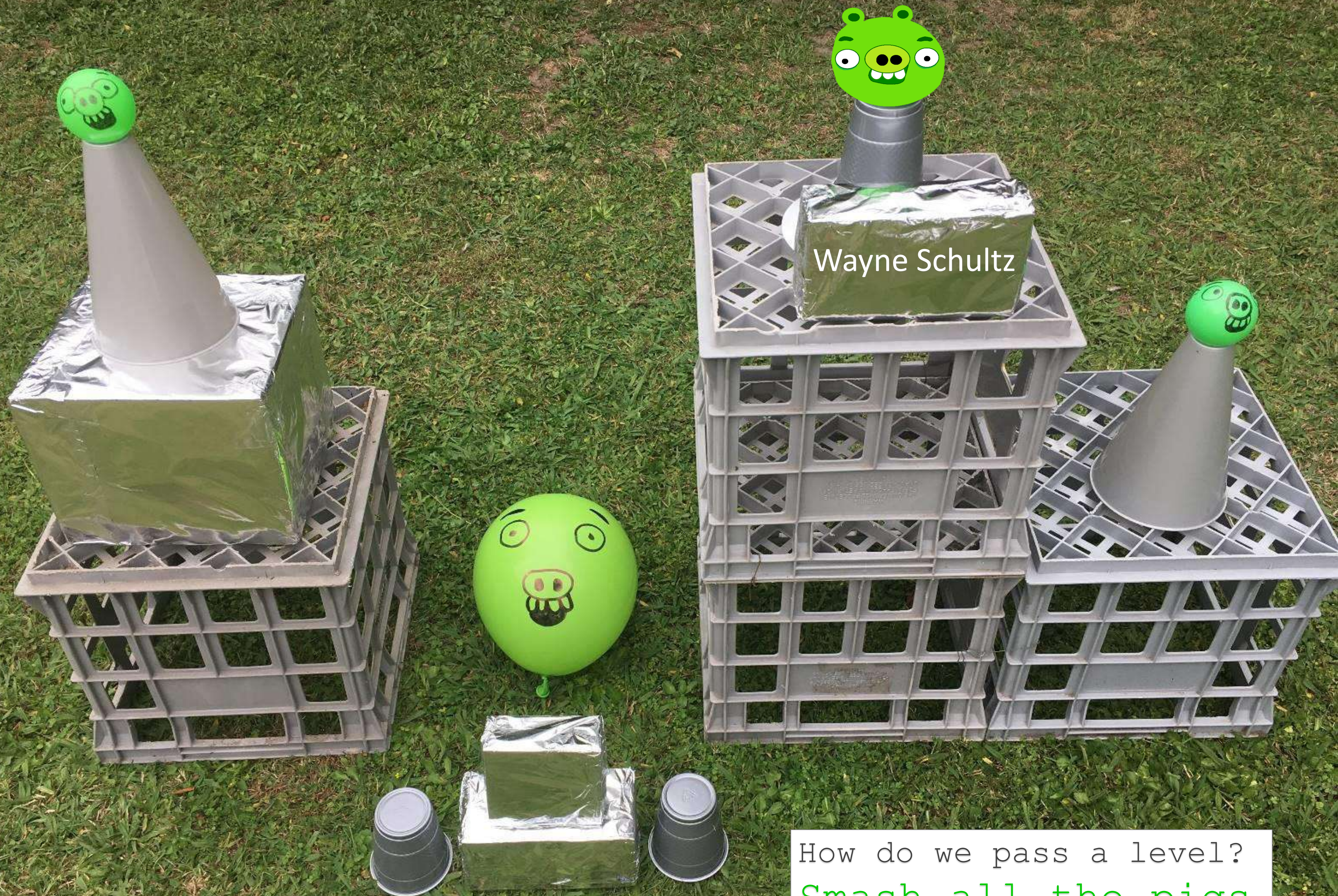
HOW CAN WE GET MOVEMENT OUTCOMES FROM GAMING?



ANGRY BIRDS

design I build I test I play



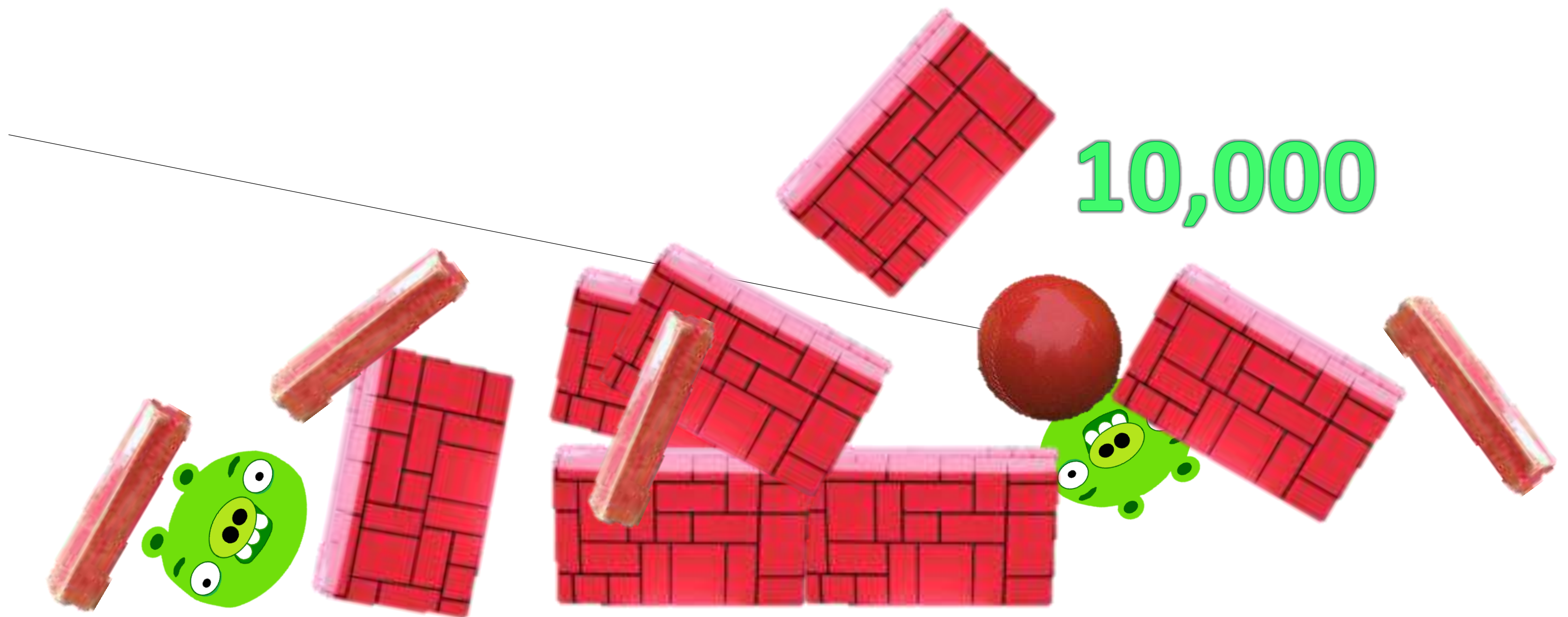


How do we pass a level?
Smash all the pigs

How many points do you receive for passing a level?

Total - 10,000?

Create your own points system





What if I don't smash
all the pigs within my
5 throws?

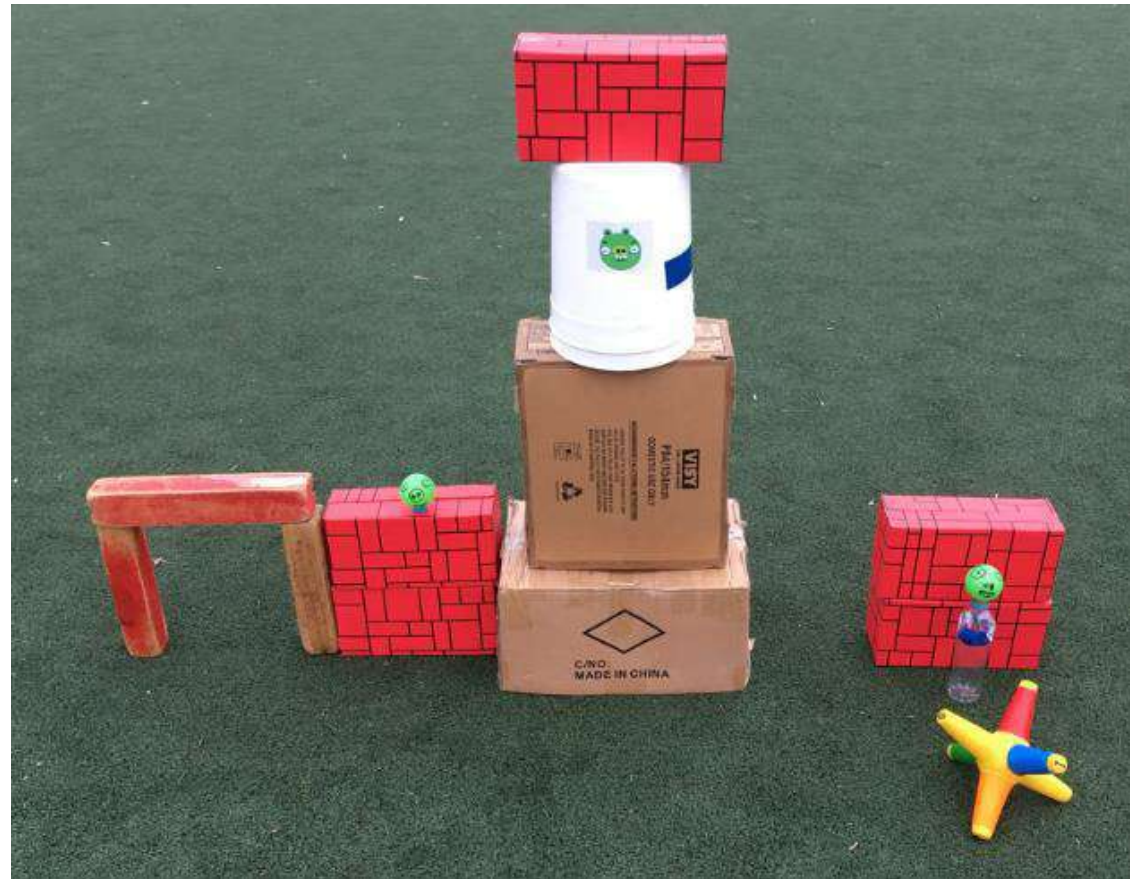
You lose a life 



What if I smash all the
pigs in my first throw?

You receive bonus
points 

LEVEL IDEAS



LEVEL & POINTS CARD

♥♥♥

1

★

♥♥♥

2

★

♥♥♥

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14

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