

Primary PE Tips

For online environments

1

Considered.

Think about varied contexts, other than just fitness videos.

Activities: Ice skating with socks on a slippery floor, yoga, floor is lava, learning physical tricks, pace your home in pin steps, Mātauranga Māori - mimicking animal/insect movements with our bodies, dance, cognitive moves like brushing your teeth on one foot, or creating new handshakes.

Possible Curriculum links: A2, B2

2

Contextual.

Think about what **ALL** of your children will have access to. Footpaths, clothes, beds, chairs, people etc.

Activity: Do the teddy bear hunt, and whilst you are walking or wheeling, talk about how aroha|love and manaakitanga|hospitality are helping people's well-being right now. High five your bubble members for every bear!

Possible Curriculum links: D1

3

Choice.

Keep activities student-led to increase motivation and personal meaning.

Activity: Sign up for free brain breaks here: <https://brain-breaks.com/> Over the course of a week, choose 5 different activities. Which ones did you like the best? Why? Which ones did you not enjoy? Why?

Possible Curriculum links: A2, B3, B4

4

Challenge.

Issue a challenge, or use inquiry to solve a movement based problem.

Activity: Can you and your whānau hold a partner/group balance for more than 5 seconds. Can you get a photo of your balance? (You could provide some examples based on your year level).

Possible Curriculum links: C3, B2

5

Curriculum.

Linking to the curriculum should not be arduous. In fact, right now it will give you ideas and guidance on how to get through this. Look how easy it is to link to D Strand: Healthy Communities and Environments.

Activity: Take a walk with family, how many play spaces did you see on this walk? What play spaces is your neighbourhood missing?

Possible Curriculum links: D2

6

Cheerful.

Well-being is physical, mental and emotional, spiritual and social. Don't just prioritise physicality.

Activity: Challenge each other to fit into weird spaces around your house. You will be physical during the activity, but also laughing hysterically. You might have rules for safety, or talk about risk.

Possible Curriculum links: A3, B2

7

Creative.

You do not need sports gear or technology all the time. Expensive online platforms don't really matter. Use things that are simple and that your families can access easily. A mixture of teacher led tasks with student led tasks reduces the workload for families and for you as the teacher.

Activity: Make up a new game or sport using only things you can find in your room (ask your whānau first!). Try it out with family.

Possible Curriculum links: A2, B2

9

Connected.

Connect to other learning areas, to make learning authentic.

Activity: Make a fire safety exit plan. Draw the plan, then see how quickly you can commando crawl to all of the exits in your house.

Possible Curriculum links: A3, B2, D4

8

Culture.

Whānau matters. Do use different contexts that include different cultures. Be conscious that many online fitness based challenges, are from a western, or an adult perspective of movement.

Activity: Do a family physical activity that you all love, and means something to you. You could record a video and talk about why it is important.

Possible Curriculum links: B4

10

Concise.

Do little bits, well. Think of tasks that could be done over the course of a week, not daily, and keep those tasks simple.

Now is not the time to outdo colleagues, overwhelm families, or put pressure on our children.

Follow our campaign **#EinPE**

