

Lesson 2: Sports

Theme	Area of Learning	Key Concepts
Explore the sports in the 2009 Arafura Games and Paralympic events	<ul style="list-style-type: none"> English – Reading and Viewing Health and Physical Education (HPE) EsseNTial Learnings 	<ul style="list-style-type: none"> Arafura Games Participants Competition Sports Rules Paralympic Feelings and opinions about sport

Nominal Duration: 2 x 40min lessons

NT Curriculum Outcomes:

English R/V 1.3

HPE PA 1.2, 1.4

EsseNTial Learnings: COL 3

Learning Experiences:

Teaching Point

Explain to students that this lesson is about the sports in the Arafura Games being held in Darwin in May. There are 20 sports in the 2011 Arafura Games and 4 sports in the Paralympic events.

Brainstorm - Which sports are in the 2011 Arafura Games?

Make a list of the sports the students think may be in the 2011 Arafura Games and the Paralympic events.

Activity – Sports Cards Match Up

Materials: one set of sports cards per group

Working in small groups, give each group a set of sports cards and select from the following activities:

- match the name of the sport to the picture
- sort cards into sports which use a ball and sports which do not use a ball
- sort cards into team sports and individual sports
- sort cards into sports which use a bat, paddle, racquet or stick and those which do not
- look at the cards and identify the safety equipment used for some sports eg ear protection, bicycle helmet, shin pads, eye protection

Teaching Point

Discuss each of the sports depicted in the previous activity. Have students ever played these sports? Have students ever seen these sports being played before?

Activity – Play a sport

Materials: rules, playing space and equipment for one of the sports

Select a sport which is included in the 2009 Arafura Games, research the rules and watch a game being played.

Learn the sport and play with the class.

Brainstorm – Feelings about participating in sport

Discuss with students their feelings about playing sport with the class:

- Did they enjoy learning a new sport?
- How did they feel while they were playing?
- Is playing sport different to watching sport?
- Would they play the sport again?
- Would they like to try another sport?
- What are the sports they participate in? Why?
- What are their favourite sports? Why?
- Are there sports only for girls/boys? Why?

Teaching Point

Playing sport is an excellent way to keep fit and stay healthy while at the same time having fun with friends and classmates. Participating in sport improves coordination skills and makes you feel good.

Discuss with students ways that they can increase their own participation in sport such as playing sport at recess and lunch times, playing sport with friends after school, joining a sports club/team.

Assessment task – Cut and Paste

Materials: cut and paste sports sheet and worksheet, scissors and glue

Students cut out the pictures and names of sports from the cut and past sports sheet and paste pictures with matching names onto the worksheet.

Extension Activities

- Learn to play as many of the sports in the 2011 Arafura Games as you can
- Participate in Paralympic events by not utilising limbs or using blindfolds
- Research the history of certain sports
- Create a graph of the number of people in the school who have played certain sports
- Invite athletes to visit your class and demonstrate their skills
- Invite local sporting clubs to visit and talk about their club
- Organise a sports club expo where local clubs provide information to parents and students about their club, training, competitions and fees


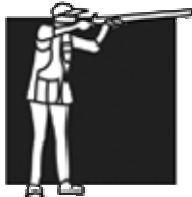








Related Links

<http://www.olympic.org.au/page/6/Sports>

Arafura Games











incorporating the Oceania Paralympic Championships
7-14 May 2011

Sports in the Arafura Games Cards – reproduce onto cardboard, cut out pictures and words

	ATHLETICS		SHOOTING – CLAY TARGET
	BASKETBALL		SHOOTING - IPSC
	BOXING		SHOOTING - ISSF
	CRICKET		SQUASH
	FOOTBALL (SOCCER)		SWIMMING

Arafura Games

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	GOLF		TABLE TENNIS
	HOCKEY		TENPIN BOWLING
	INTERNATIONAL LIFESAVING		TRIATHLON
	MUAY THAI		VOLLEYBALL
	SEPAK TAKRAW		WEIGHTLIFTING



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