



AFL Queensland

FUNdamental Movers

A Smart Moves Ready Resource

The Problem

- Crowded Curriculum
 - Knowledge and understanding of the game (students and teachers)
 - Aging female teaching population
 - Cynicism of the salesman
-

The Problem

- 4 School Terms
 - Term 1 11 weeks
 - Term 2 10 weeks
 - Term 3 10 weeks
 - Term 4 10 weeks

41 weeks

x5 hours instruction per day

x5 school days per week

1025 hours of instruction

-20 hrs PFD

-25 hrs Public Holidays

980 hours of instruction per year

High School transitions

MP visits

Open Day

Sex Education

Bike safety

Drug Awareness

Parades

Writers' Camp

FETE

Arts Council

Excursions

Road Safety

Personal Safety programs

Christmas Carols

Consumer Education

Stranger Danger

Values Education

Life Education

Greening Australia

Band practice and Camp

Clean up Australia

NAIDOC Week

Camps

Grandparents Day

ANZAC Day

Sorry Day

Athletics Carnival

Fire Safety

Rock Eisteddfod

Self esteem programs

Anti-bullying programs

Swimming Carnival

Under 8s Week

Art and Craft Festival

School Band competitions



The Realisation

- ❑ That Smart Moves was launching and if used correctly could be a silver bullet
 - ❑ That the resource would need specific components to be accepted.
 - ❑ EL's
 - ❑ KLA's
 - ❑ User friendly
 - ❑ PD
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The Realisation

- 1. Allocate required time for physical activity
 - 2. Improve access to resources for physical activity
 - 3. Increase capacity to deliver physical activity
 - 4. Provide professional development in physical activity
 - 5. Build community partnerships to enhance physical activity.
 - 6. Be accountable for physical activity.
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The Development

- Involve teachers
 - High quality
 - Free of charge
 - Staff training
 - Partnership with University of Queensland
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The Development

- ❑ Studies have shown that people who completed 30 minutes of exercise, two to three times per week for 12 weeks, got higher scores on memory tests than people who didn't exercise.
 - ❑ When the exercisers stopped training their scores dropped back to normal.
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The Development

Students

- To have children and young people participating in fun, quality, and sustainable physical activity programs.

Teachers

- Foster the confidence of classroom teachers, so to ensure the delivery of the programme is a worthwhile and valuable learning experience for students.
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The Development

Schools

- Assist time and resource poor Schools with their responsibility in providing daily physical activity through professional development opportunities, mentoring processes and resource kits.

Education

- To partner Education Queensland, through the *Smart Moves* initiative, in establishing the process of children to appreciate the importance of daily physical activity, and its relationship to a healthy lifestyle.
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The Production

- Involve teachers – what do **they** want and need from a smart moves resource
 - Nesting program
 - User friendly
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The Production



The Production



Activity 3: Collect A Ball

Activity 3: COLLECT A BALL

Links to Essential Learnings and KLA's

Health and Physical Education

- Create and sequence simple movement patterns in response to stimuli.
- Apply fundamental movement skills when participating in physical activities.
- Apply personal development skills and strategies in team and group situations.

Mathematics

- Problems using a single operations can be planned and solved.

GRADE: 1 to 5

ACTIVITY: Collect A Ball

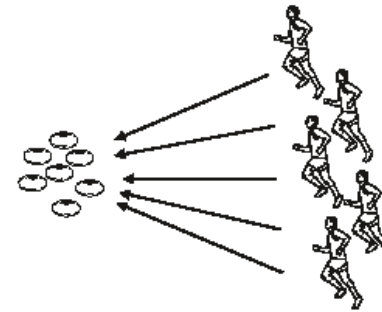
WHAT YOU WILL NEED: 15 footballs

ACTIVITY DESCRIPTION:

- Split the class into groups of approximately six.
- All the footballs are placed 20 metres away and spread out so each team can gain access to them.
- The teacher calls out a number and the groups run together to collect that number of footballs.
- Each student must have a hand on at least one football.
When they get back to their starting position the group tally their footballs.



ACTIVITIES TO GRADE 5



CLASSROOM ACTIVITY - KLA MATHEMATICS

Use the tally sheet from the game to determine:

- How many balls were collected by your team throughout the whole game?
- Using division, how many balls were collected by each member of your team?
- How many balls were collect by the whole class?
- Using division, how many balls were collected by each member of the class?



The Production

- Activities tabbed to align with the Essential Learnings
 - Activities to grade 3
 - Activities to grade 5
 - Activities to grade 7
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The Production



AFL KITS





AFL FUNDamental Movers Kit

- 15 HART School AFL Balls - Size 1
- 1 HART Carry Net - Medium
- 10 HART Flexible Field Markers Blue
- 5 50cm Solid Hoops - Green
- 15 HART Webbing Sport Sash
- 15 HART Webbing Sport Sash

9-493 kit **\$236.00**

ACCESSORIES

EquiBest Sports Bottle with Pump
 Ideal for running a game. Provides 1100psi output with in-built volume control. Recharge quickly & easily with air from most club pumps. Produces up to 50 short bursts per recharge. Lengths of the 5mm nozzles can be self-regulated. Take a spare - 15 super light at only 100gms.

9-743 ea **\$39.50**



HART Flexible Field Marker Set
 100cm set of 30 markers. Includes carry stand. Five colours per set. Colours may vary. Size: 30mm diameter x 8cm high.

44-061 set **\$31.50**



HART Sports Timer

- 1/100 sec. Precision with split counter (for 1st 50 minutes)
- Operates & Times 0.004 by normal
- Daily alarm & hourly chime
- Silence
- Large screen display
- Water resistant structure
- Lithium battery L944 or equivalent

46-129 ea **\$12.50**
 Bulk Buy 10 ea **\$11.20**



HART Plastic Whistle & Lanyard
 Black plastic whistle & red/wheat foot lanyard.

22-109 ea **\$2.70**



ORDER TODAY!
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All prices include GST
 Refer to the order form for freight & handling charges

The Delivery

- AFL School Ambassador Program
 - Media release and launch
 - Education Queensland Intra web
 - Ed Views
 - Word of mouth
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The Delivery

- Resource is accompanied by a free PD session
 - Resource it's self is free of charge
 - Regional staff trained by UQ
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