

***Kindergarten to Grade 6
— all the sport, done.***

Every lesson, every unit, every game — built into one downloadable bundle. Stop planning from scratch and start teaching with confidence.

We've built this resource through years of experience, dedication and professional education. It's structured so any teacher — specialist or classroom — can step into the gym or field and run engaging, exciting PE lessons.

“Unlock endless PE with over 300 skills, drills, games, and lesson plans... Teaching sport has never been easier.”

Teachers like you will be empowered with the tools you need to create dynamic, enriching experiences that inspire a lifelong love for fitness and movement.



What's inside?

More play, less plan.

You'll get access to the full set of resources which have been put together to cover the foundational abilities and national physical education standards (such as *SHAPE America*, *HPE*, *IPC*) ensuring a well-rounded approach to sport education.

Included in the bundle:

(All grades)

- Agility, balance, co-ordination
- Dodgeball team games
- Fitness powerpoints
- Fitness circuits Vol.1
- Fitness circuits Vol.1
- Frisbee skills & games
- Fundamental sport skills
- Individual challenges
- Learn about muscles
- Team games
- Playing the essential sports
- Poster packs (4)
- Sport skill task cards
- Task cards (7)
- Warmup games

(Grades K-3)

- Exploring skill stations
- Fundamental gymnastics
- Skill Challenges
- Complete Kindy-2 PE
- Learn math in sport
- Rapid relays

(Grades 3-6)

- Basketball program
- Gymnastics
- Learn math in sport 3+4
- PE multiplication cards
- Pair stations
- Soccer program
- Volleyball program



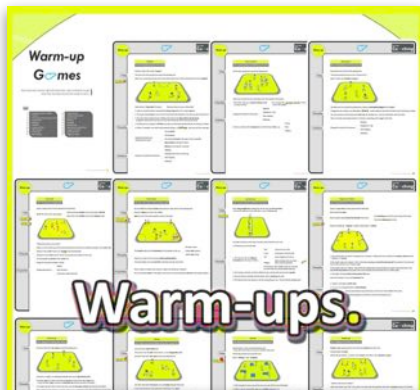
Take a look at some of the best packs included >>>



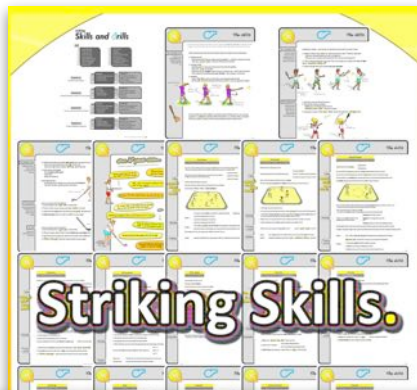
In the spotlight

The complete K-2 pack

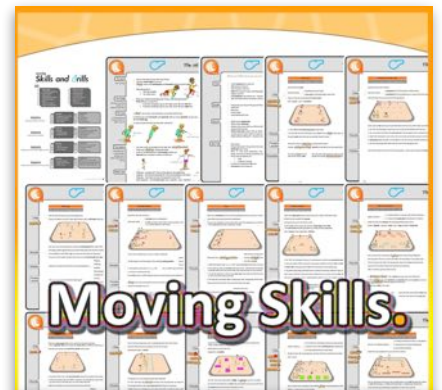
Has over 100 group games, activities, skills, drills, and ready made lesson ideas to develop the fundamental striking, moving, bouncing, throwing & catching, & kicking skills



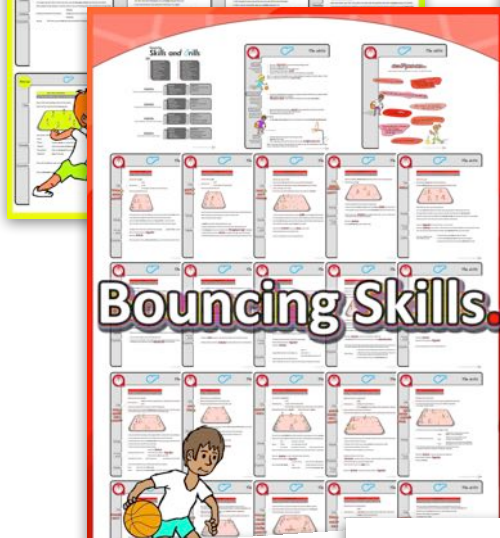
Warm-ups.



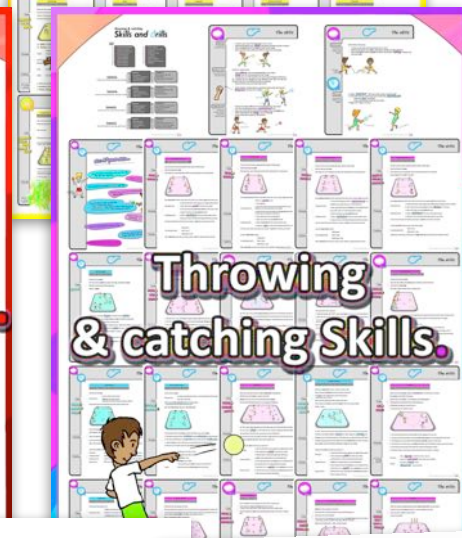
Striking Skills.



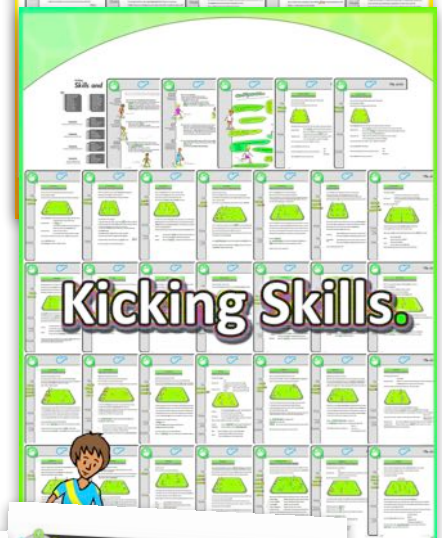
Moving Skills.



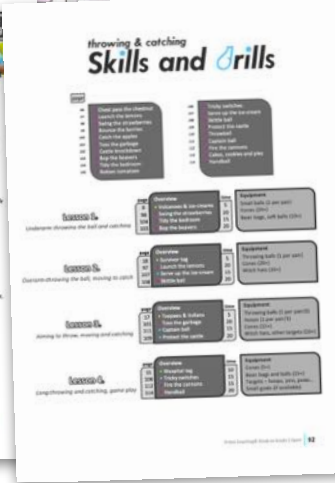
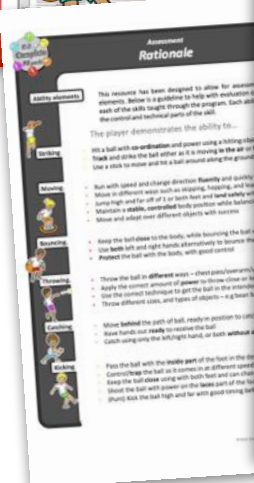
Bouncing Skills.



Throwing & catching Skills.



Kicking Skills.



Grade K-3

Challenges for P.E

45+ specific individual challenges using basic equipment to develop skills with in a combination of movements, hand-eye co-ordination, reaction, balance & footwork. Complete with flash cards & demonstrational videos...



LEG SWING BALANCES

- Balance a bean bag on your head
- Try to hold your leg out (for 2 seconds) in front, then behind you, without dropping the bean bag.
- Then try with the other leg

CATCH IN THE CONE

- Throw a small ball into the air, then catch it in the tall cone
- You can let it bounce before catching
- Practice catching using - 2 hands (easier) - or 1 hand (harder)

STAND UP SIT DOWN

- Balancing a tennis ball on the racket, try to sit down & stand up again without dropping it!
- Practice with both your left & right hand

FIGURE OF 8'S

- Stand with wide legs
- Put the ball in & out of your legs in a **FIGURE OF 8** loop

DROP & JUMP OVER

- Hold the ball out in front, then drop it
- **JUMP** over it without touching it

TAP UPS

- Tap the ball in the air, let it bounce, then tap it again to keep it in the air
- - larger ball (tennis ball)
- - tennis ball

SIT DOWN BOUNCE CATCHES

- Sitting down on the ground, bounce & catch a bouncy ball with 1 hand
- Practice using both hands when throwing & catching.

UP & UNDER

- Throw the ball up in the air
- Then quickly **CRAWL** under it & turn around to catch it after it has bounced

STEP OVERS

- Step over the ball without touching it, then do the same with the other foot
- Keep switching

WALKING

- Walk on the ball, try to keep it in the air
- Practice with both your left & right hand!





Grade K-3

Skill stations

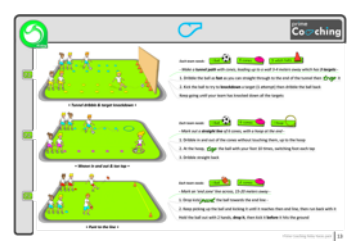
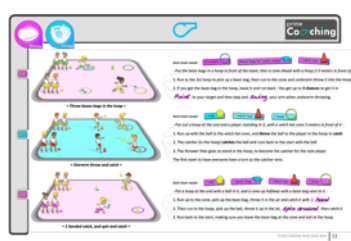
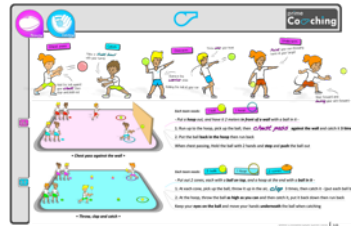
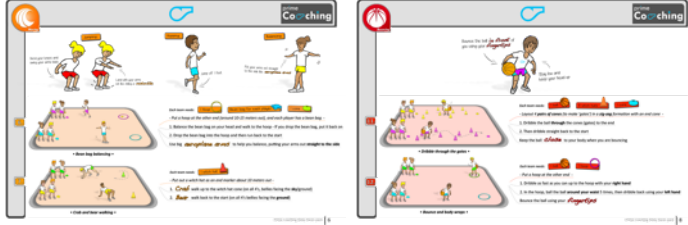
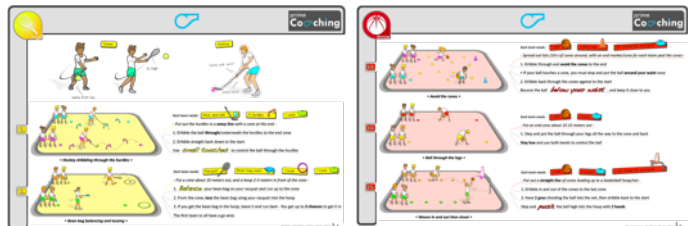
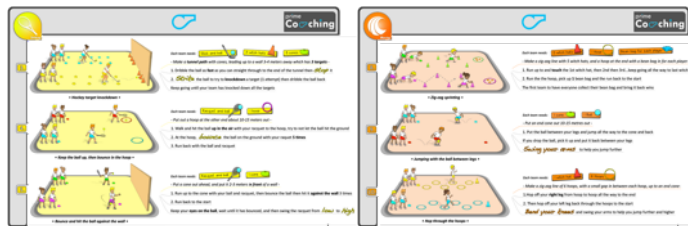
60 stations for students to work through, complete with printable station cards, individual score sheets + access to videos for each station



Grade K-3

Relay races

25 challenging team race variations with 'how-to-play' videos



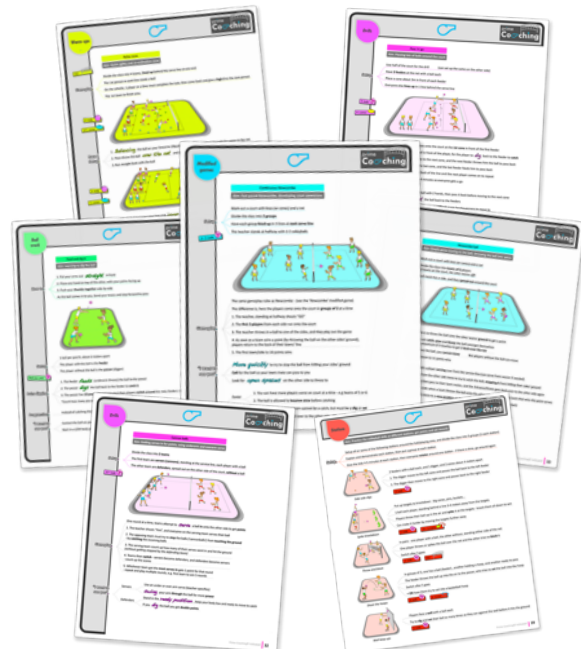
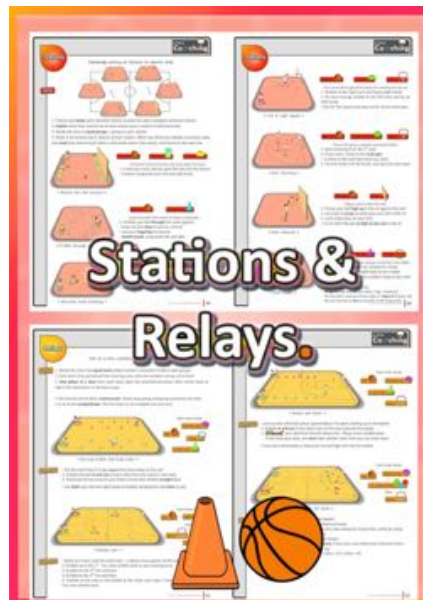
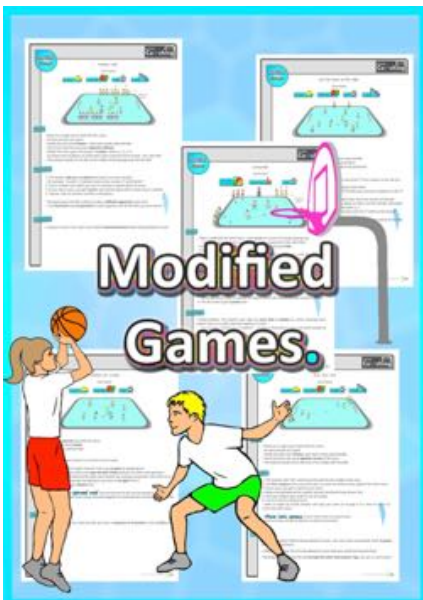
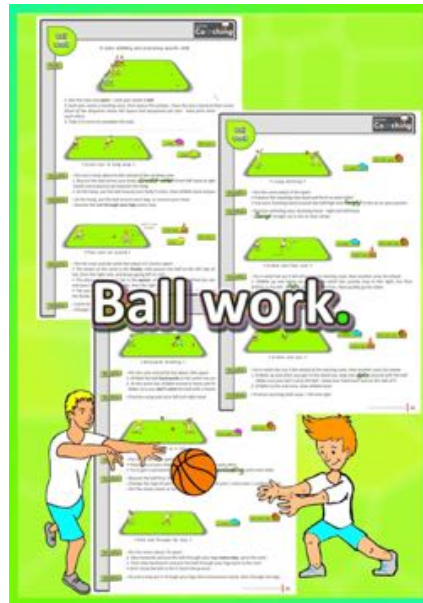
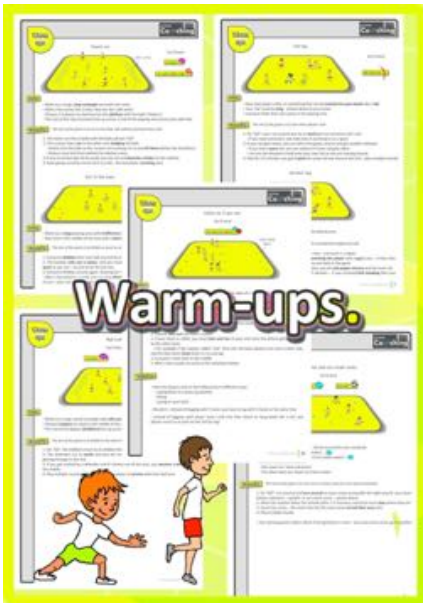
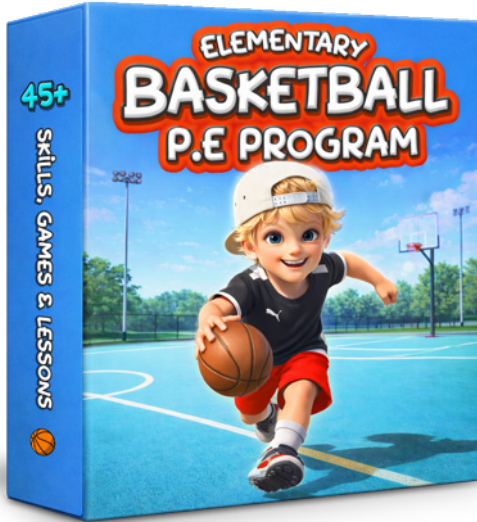
Grade 3-6

Basketball

Over 45 basketball skill ideas, drills, ball work and games, and 6 X weekly pre-planned lessons to develop your classes' sport skills.

You'll be confident and fully equipped with these straightforward to teach activities:

- **Warm-up games** › Simple games to get going
- **Ball work plans** › Specific skills to work on in pairs
- **Drills** › Different game situations to progress the skills
- **Modified games** › Adapted team games using the skills
- **Skill stations** › Individual skill/task stations to rotate around
- **Relays** › Competitive tasks to complete as a team



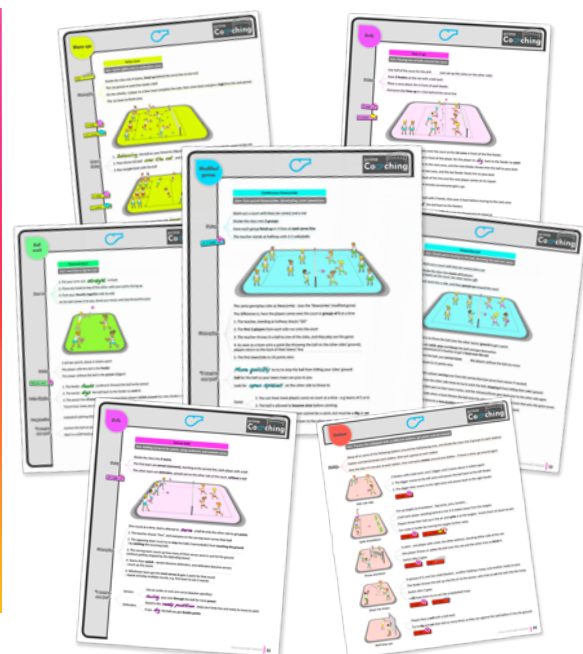
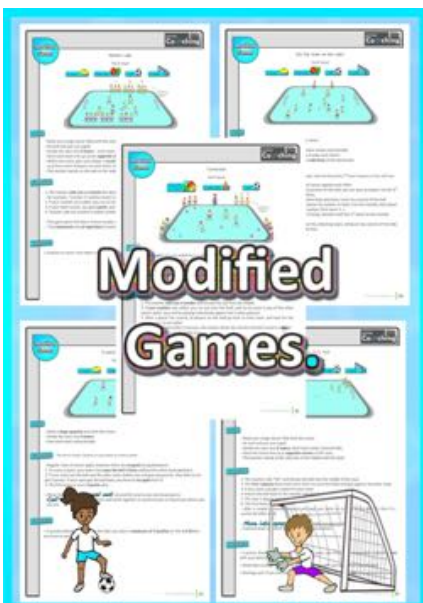
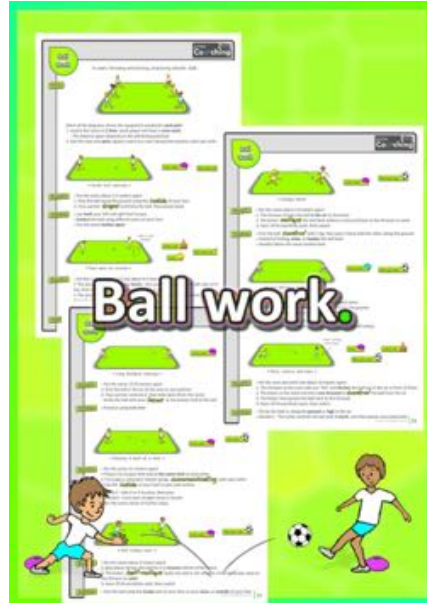
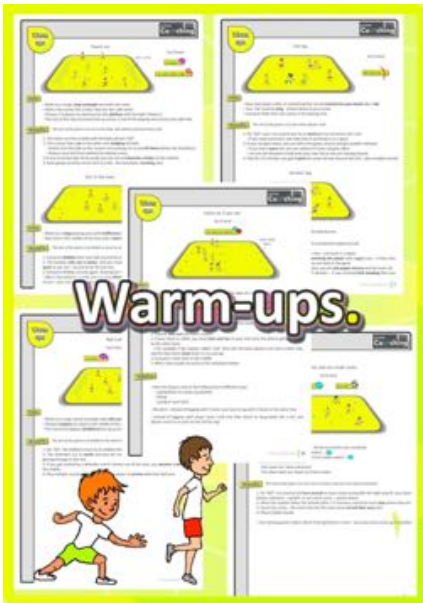
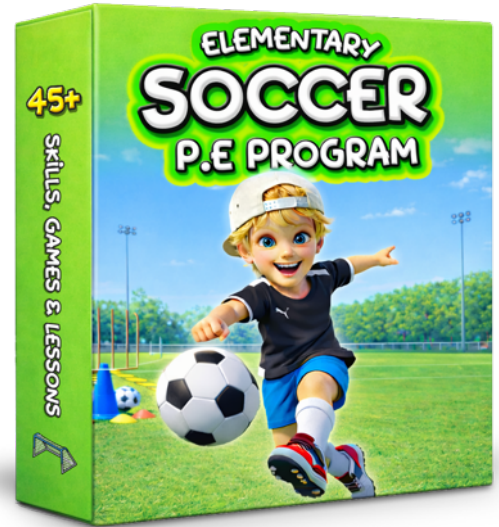
Grade 3-6

Soccer

Over 45 soccer skill ideas, drills, ball work and games, and 6 X weekly pre-planned lessons to develop your classes' sport skills.

You'll be confident and fully equipped with these straight-forward to teach activities:

- **Warm-up games** › Simple games to get going
- **Ball work plans** › Specific skills to work on in pairs
- **Drills** › Different game situations to progress the skills
- **Modified games** › Adapted team games using the skills
- **Skill stations** › Individual skill/task stations to rotate around
- **Relays** › Competitive tasks to complete as a team



Grade 3-6

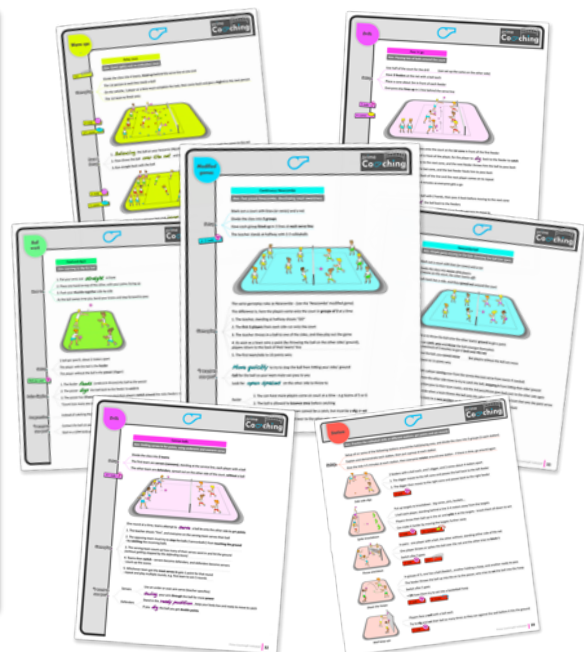
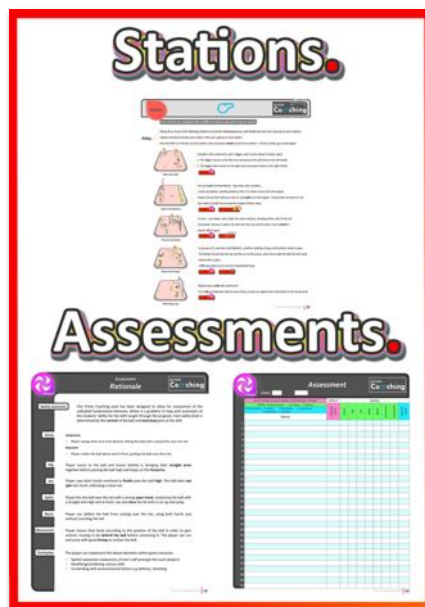
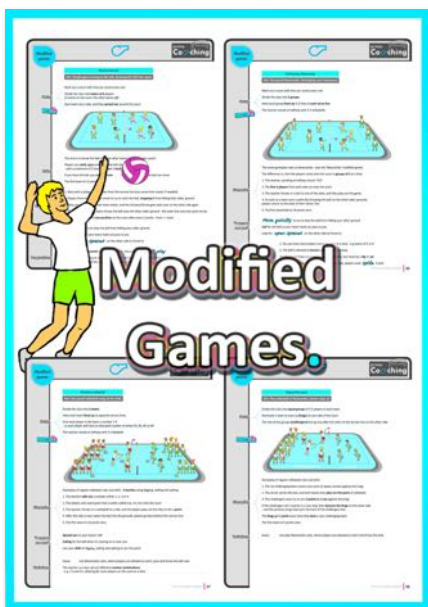
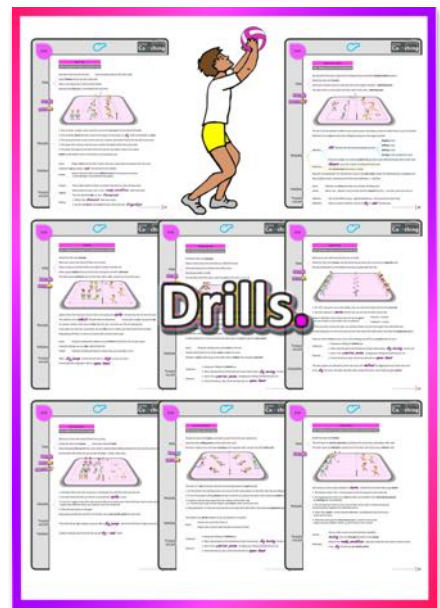
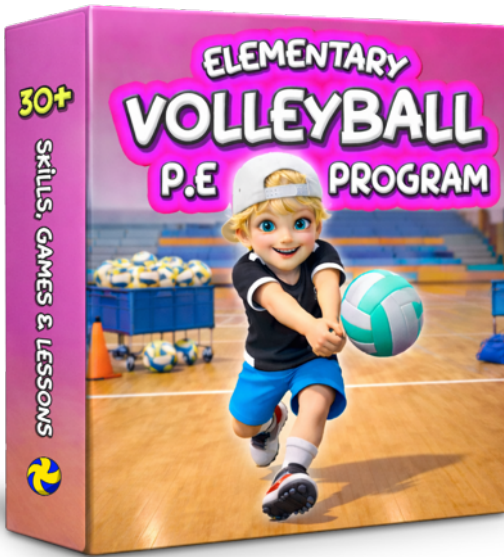
Volleyball

Over 30 skills, games, activities, drills, stations, structured lesson plans and 'how to teach volleyball' videos.

There is also a structured 6-week program of lessons to take your students through the game of volleyball, with progression to know and play, and an assessment at the end:

1. Introduction to digging and serving
2. Introduction to setting and spiking
3. Developing the dig, spike and defence
4. Progression court awareness and attacking play
5. Spiking, defence, and volleyball games
6. Rotate round skills stations, and games

* The lessons are written to accommodate for class sizes of 25-30 students, yet can be easily applied to smaller/larger groups.



All grades

Complete elementary fitness

Packed with 150 exercises to cover the 6 components of fitness, necessary to keep your students healthy and active:



Fitness volume 1 & 2 circuits has 72 unique tasks, complete with printable cards, 'how-to' videos and scoring sheets for students to follow along and complete at their own pace.

The fitness exercises pack then has an additional 78 workout tasks using basic equipment (cones, agility ladder, mat, jump rope, hoops) - again with demonstrational videos for each task in powerpoint format.



ARM CIRCLES

- 1 Make large circles with your arms out side
- 2 Try going forwards & backwards

BENCH DIPS

- 1 Put your legs out together & have your arms straight on the bench
- 2 Bend your arms to dip your bottom below the bench
- 3 Push yourself back up

COACHING TIP
Try to keep your whole body straight

BALL TWISTS

- 1 Sit & hold the ball in front
- 2 Twist left & right to tap the ball on the ground each side

COACHING TIP
Try to keep your feet off the ground

BICYCLES

- 1 Sit on the ground & put your hands behind your head
- 2 Lift your knee to touch your opposite elbow
- 3 Then switch - lift your other knee to touch your other elbow

1 FOOT REACHES

- 1 Balance on 1 foot & touch the ground with 1 hand
- 2 Stand back up again & repeat with the other foot/hand

CRAB KICKS

- 1 Start on all 4's like a crab with your belly facing up
- 2 Reach with 1 hand to touch your opposite foot (keep switching)

BOX JUMPS

- 1 Stand in front of the box
- 2 Jump up onto the box & land
- 3 Jump back down on both feet

FROG JUMPS

- 1 Bend your knees & touch the ground with both hands
- 2 Jump up straight, as high as you can
- 3 Jump back down on both feet

MOUNTAIN CLIMBERS

- 1 Start in the push up position
- 2 Lift 1 knee up towards your chest, then switch legs & keep switching

PLANK

- 1 Lay on your elbows/forearms & feet only
- 2 Hold the position as long as possible keeping your back straight

COACHING TIP
Keep your stomach off the ground

AIRPLANE LUNGES

- 1 Stand with your arms out to the side
- 2 Take a big step forward to bend your knee & back leg
- 3 Stand back up straight, then step with the other foot

BURPEES

- 1 Crouch down to touch the ground
- 2 Kick your feet down into a push up position
- 3 Kick your feet back up again to your chest
- 4 Jump straight up into the air

HIGH KNEE SHUFFLES

- 1 Take 3 steps to the left, lifting your knees high
- 2 Then do the same to the right.
- 3 PUMP your arms & LIFT your knees high

BELLS

Keeping your feet & knees together, jump forwards then backwards.

SIDE LEG LIFTS

- 1 Balance on 1 leg in the hoop & lift your other leg out to the side, as high as you can
- 2 Do it twice, then repeat with other leg.

MOUNTAIN CLIMBERS

- 1 Start in the push up position with straight arms
- 2 Lift 1 knee to your chest, then switch legs & keep going

POWER FOOT STEPS

- 1 Moving forwards next to the ladder, take small quick steps
- 2 At each square, quickly side step in & out with your closest foot
- 3 Go to the end, then repeat the other way/side.

All grades

PE task cards

Over 240 individual skills & challenges for elementary PE, complete with printable task cards & demonstrational videos

Included are the 7 fundamental packs:

1. Warming up & stretching exercises (x41 activities)
2. Striking & hitting skills (33)
3. Movement & locomotion skills (50)
4. Basketball skills & drills (27)
5. Throwing & catching skills (28)
6. Volleyball skills & drills (23)
7. Soccer skills & drills (40)

Each fundamental pack is complete with printable station cards, and exclusive access to online demonstrational videos for every task.



OVER
240
ONLINE
P.E
ACTIVITIES

WITH
PRINTABLE
TASK CARDS
FOR
EACH TASK



Grades K-3 & 3-6 (2 units)

Gymnastics course

A complete unit with over 60 activities for the trampoline, wedge, bars, floor mats, beams & more, with how-to videos for each station

You'll have the perfect plan to develop the key abilities (shapes, balances, supports, rotations & ground work).

So you'll be teaching sports-coach level gymnastics with ease, and be able to confidently assess each area



Trampoline

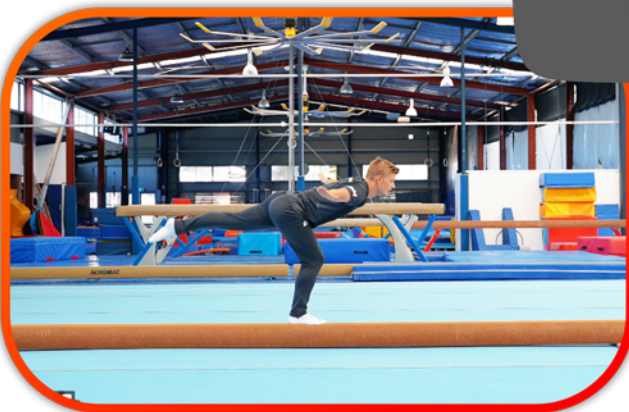
Wedge

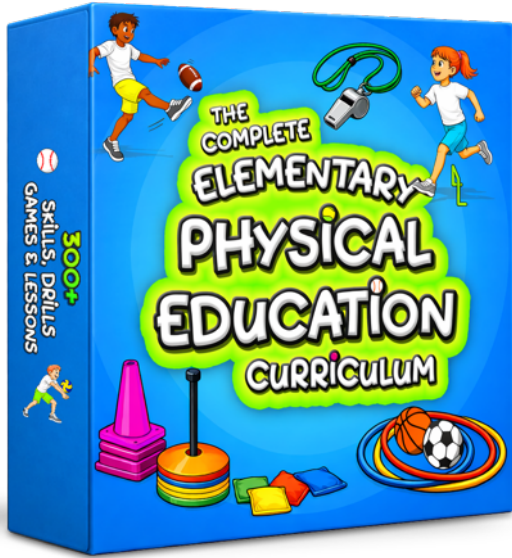
Bars

Floor mats

Beam

Miscellaneous





Elementary P.E

Everything elementary

The most comprehensive PE resource you'll ever need.

Skills, drills, lesson plans, task cards, powerpoints, how-to videos, demonstrations. Teaching sport at your school couldn't be easier.



And much more...