



ADAPTABILITY



AGENCY



COLLABORATION



COMMUNICATION



COMPASSION



COURAGE



CURIOSITY



REGULATION



RESILIENCE

NSW PDHPE SYLLABUS OUTCOMES

Stage 2 PH2- MSP-01

Applies movement skills, strategies and teamwork in physical activities

CONTENT

Combine fundamental movement skills with smooth transitions in games

PERSONAL CHARACTER COMPETENCY

Regulation

ADJUSTMENTS & CONSIDERATIONS

Provide additional priming to support students requiring additional preparation
Assign team leaders with strengths in communication (HPGE)

CHALLENGE | PATTERN

**Name of the activity:
Shuffle Hoop Challenge**

What you need:

Hula Hoops
String
Egg cartons
Ping Pong Balls
Sheets of paper

How much time:

15-30min

Link / QR code:



REEL SHARED ON 21 AUGUST
BY DANILLOMFG

PRIME

Review the PCC of Regulation

What are key words / phrases that we refer to when learning about regulation?

How does breathing impact your ability to regulate?

How does being regulated help you complete challenging tasks?

IMPLEMENT

What to do:

- Form groups according to class numbers
- Assign team roles
Clarifier: responsible for ensuring the group clearly understands the challenge
Manager: collects and sets up the equipment
Time/score keeper: Ensures the challenge is completed in the set time and reports/records the scores/results
- The lead team views the video to gain understanding of the challenge
- Clarifier relays the challenge so the team members have a clear understanding
- Facilitator sets challenge success criteria

Modification and safety:

- Use smaller hoops
- Balance 2 balls on paper
- Two people in the hoop
- 2 people pulling the string

DEBRIEF

On a five-finger scale (5 - high): How would you rate how regulated you were during the challenge?

Turn to a partner and share one piece of evidence that supports your self-evaluations

Is there anything you could have done differently to have been more regulated during this challenge?