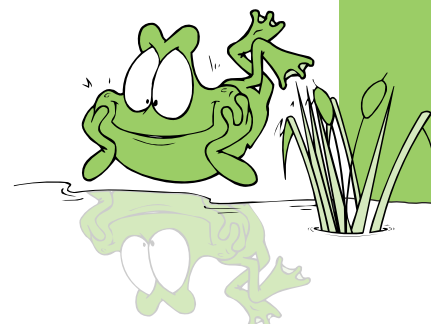




HPE - Contents

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Stormwater Sports

FOCUS

- What can we do about pollution in stormwater?

OBJECTIVES

- Play a variety of games with a stormwater theme
- Work together in teams
- Improve ball skills, coordination, accuracy and balance

BACKGROUND

This activity involves traditional sports modified to include the stormwater theme. Changing behaviour of the community is closely linked to their knowledge and understanding of an issue. By including stormwater issues in all elements of the curriculum, it is more likely to inspire even the least environmentally conscious students.

NOTES

Choose one game to be played during sport time to focus on specific skills: break the class into small groups; or run a stormwater sports session. Similar to tabloid sports, you can rotate around activities and accumulate points. Involve your class, several classes or the whole school!

LEARNING TASKS

- 1/ Ensure students are dressed appropriately, wearing running shoes, comfortable clothing and hats. Sunscreen and drinkbottles are advised.**
 - If running a tabloid sports session, encourage parents to participate.
- 2/ Choose activities to conduct and prepare all necessary materials.**
 - Construct a scoresheet to tally groups' points
 - Allow a time limit for each activity - 5 minutes is plenty, with time added for changeovers, scoring and cleaning up.
- 3/ Divide students into groups and assign local names for teams such as creeks, towns, streets, plants or animals names. The activity choices are as follows:**
 - Take It 'Oil' Out
 - Lose The Litter
 - Down The Drain
 - Reduce, Reuse, Recycle
 - Collect The Clippings
 - Smack Slimy Stormwater For Six
- 4/ Groups participate in each activity, with a leader keeping score. At the conclusion of the given time, leave equipment as it was found, record scores and move to the next activity for an explanation before starting.**
- 5/ At the end of the session the group with the most points is declared the winner and the most successful Stormwater Crusaders!**

CSF II LINKS

HPE
4.1 Movement &
Physical Activity

MATERIALS

- **'Stormwater Sports' Task Cards.** Further materials are listed on Task Cards
- **Whistle**
- **Stopwatch**
- **Scoresheet**

EXTENSION

Adapt games to make them more challenging. Encourage follow up activities in other curriculum areas.

ASSESSMENT

What did you observe of students' skill levels and attitude to activities? Were they effective team players, displaying sportsmanship and encouraging others?



Stormwater Sports - Task Cards

REDUCE, REUSE, RECYCLE

Message Much of what is considered as useless rubbish can be reused or recycled. Waste reduction is an important step in decreasing stormwater pollution.

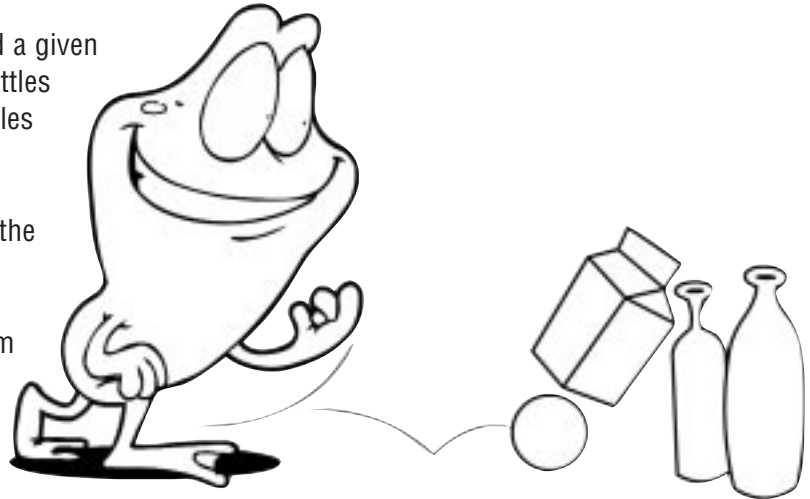
Aim To knock down each skittle, in turn, as many times as possible in the given time.

Equipment

- 3 Skittles lined left to right
- Milk carton labeled Reduce
- Glass bottle labeled Reuse
- Plastic container labeled 'Recycle'
- Tennis ball

Instructions

- 1/ Students line up behind a given line facing the three skittles (distance from the skittles is flexible).
- 2/ In turn, students take aim and roll the ball at the milk carton.
- 3/ The ball is retrieved, thrown to the next team member and the next skittle becomes the target.
- 4/ When all three skittles have been knocked over, they are replaced and the challenge begins again.
- 5/ Students rotate through this activity until time is up.



Scoring Allocate a point each time a skittle is knocked over.

COLLECT THE CLIPPINGS

Message Garden waste makes up 70% of all stormwater pollution. Raking, collecting and composting lawn clippings and leaf litter makes a difference.

Aim To rake up, collect and compost as much 'garden waste' as possible in the time given

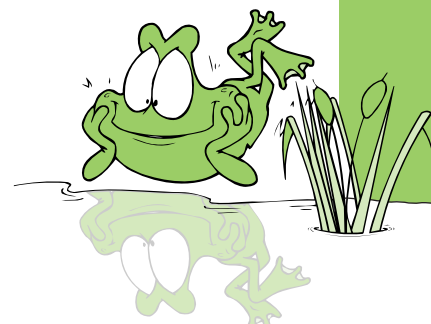
Equipment

- Tennis balls or any small balls
- A bat or racquet
- A bucket
- 3 Cones / Markers

Instructions

- 1/ Students line up in single file behind the pile of balls.
- 2/ In turn, students use the bat / racquet (like a rake) to weave the ball between the cones and back.
- 3/ Upon returning to the pile, the ball is picked up by hand and placed into the bucket.
- 4/ The bat / racquet is passed to the next team member and so on until time is up.
- 5/ Balls can be retrieved from the bucket if necessary and counted again if bucketed a second time.

Scoring A point is scored each time a tennis ball has successfully negotiated the obstacle course and been placed in the bucket.



Stormwater Sports - Task Cards

SMACK SLIMY STORMWATER FOR SIX

Message With sensible management and community effort, stormwater pollution can be blasted out of the water!

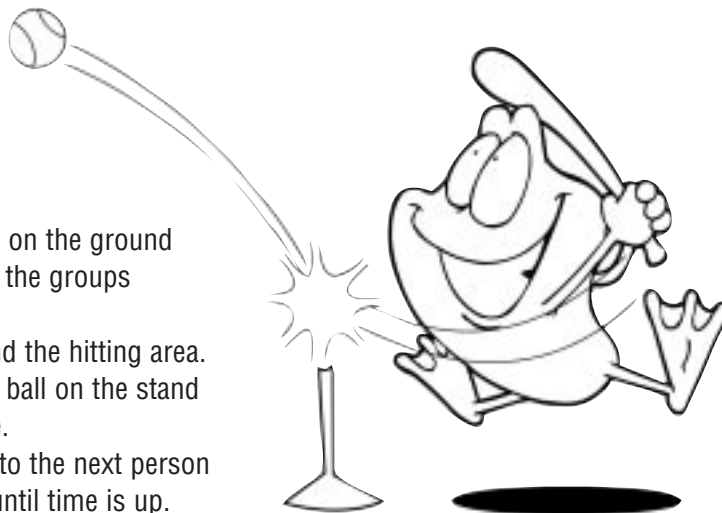
Aim To hit a tennis ball as far as possible.

Equipment

- T-Ball stand
- Bucket of tennis balls
- Softball bat
- 3 Lines drawn on ground or markers to indicate lines

Instructions

- 1/ Lines are drawn or marked on the ground at distances appropriate to the groups participating.
- 2/ Students line up well behind the hitting area.
- 3/ In turn, they place a tennis ball on the stand and hit it as far as possible.
- 4/ The bat is then handed on to the next person and the process repeated until time is up.



Scoring One point is scored if the ball stops within the first interval, two points in the second interval, three points in the third interval and four points for beyond.

DOWN THE DRAIN

Message Stormwater can be a valuable resource if pollution is minimised and the 'Drain Is Just For Rain'.

Aim To roll a ball through the legs of a team, carry it to the front of the line and repeat the task as many times as possible.

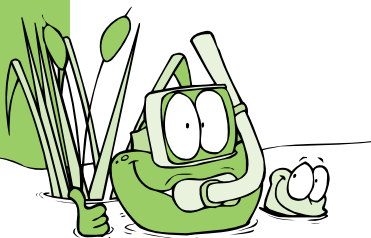
Equipment

- Ball of any size

Instructions

- 1/ Students line up in single file, all facing one direction with legs parted. The front student holds the ball and the end student bobs down, ready to gather it.
- 2/ When time begins, the first person rolls the ball through their team's legs.
- 3/ Team members may have to correct the path of the ball or push it faster.
- 4/ The end student gathers the ball and runs to the front of the line.
- 5/ Team members shuffle back, assume positions and the process is repeated until time is up.

Scoring One point is scored each time the ball returns to the front of the line.



Stormwater Sports - Task Cards

TAKE IT OIL OUT

Message Oils, grease and other chemicals are deposited in our waterways with stormwater. This pollution harms plants and animals living in the water.

Aim To remove as much 'oil' as possible from one bucket to another using a plastic cup in the given time.

Equipment

- Bucket labeled Sludge Stream
- Bucket labeled Pollution Pit
- Water
- Plastic cup
- Ruler



Instructions

- 1/ A bucket (labeled Sludge Stream) is filled with water and placed at one end of a designated area with an empty bucket (labeled Pollution Pit) located several metres away (the further away, the more challenging).
- 2/ Students line up in single file behind the empty bucket, the first student with plastic cup in hand.
- 3/ When the time begins, they run to the bucket of water, scoop up as much water as possible and run as quickly as possible to deposit the water in the empty bucket at the opposite end.
- 4/ Then cup is handed to the next person and the process is repeated until the time is up.

Scoring A ruler is used to measure the height of the water in the bucket labeled Pollution Pit and a point is scored for every centimetre.

LOSE THE LITTER

Message Litter should be deposited safely into rubbish bins at all times. Any litter left on the ground can be blown or washed into stormwater drains and then flow into waterways.

Aim To throw as many tennis balls into the bucket as possible in the given time.

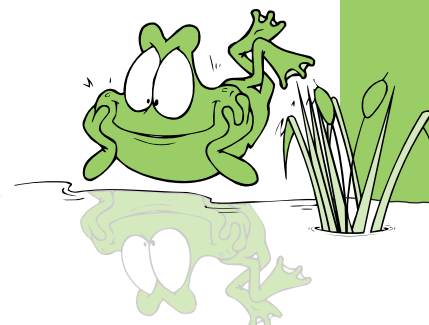
Equipment

- Bucket labeled Bin
- Tennis balls

Instructions

- 1/ Students stand in single file behind a designated spot and beside the pile of tennis balls.
- 2/ In turn, they pick up one tennis ball, aim it at the empty bucket and try to get it in - this process simulates throwing litter in the bin.
- 3/ After their turn, students move to the end of the line and the process is repeated until time is up.
- 4/ A parent helper may need to stand the bucket up again if it is knocked over.

Scoring One point is scored for every ball that goes into the bucket.



Litter Trap

FOCUS

- Do litter traps prevent pollution entering waterways?

OBJECTIVES

- Be aware of a strategy used by local councils to reduce the volume of stormwater pollution.

BACKGROUND

An effective way of preventing stormwater pollution from entering waterways is to place litter traps at stormwater drain outlets. A gross pollutant trap installed by Hepburn Shire Council in Daylesford caught 1200kg of sediment, 150kg of litter and 150kg of vegetation over a five month period, preventing 1500kg of pollution from entering Doctors Gully!

NOTES

This game is best played outside in an area marked by a boundary. The game may be played by groups of any size and played for any length of time.

CSF II LINKS

HPE
4.1 Movement &
Physical Activity

LEARNING TASKS

- 1/ Outline to students a designated playing zone.
- 2 Choose two students to be a litter trap, and the rest of the class to be stormwater pollution
- 3/ Outline the method for the activity from the Task Card overleaf.
- 4/ Reset the game after all pieces of litter are captured.
- 5/ Look at alternative options for the game based on different litter and trap behaviour.
 - Introduce a storm event that releases some of the litter from the trap
 - Reduce the size of the playing area
 - Separate the trap members into smaller groups to simulate small traps
- 6/ Discuss with the students the effectiveness of each alternative game option.

MATERIALS

- Playing area
- 'Litter Trap' Task Card

EXTENSION

Design construct and test a litter trap in the Science activity 'Trap The Trash'

ASSESSMENT

What strategies did players use, either as litter or as part of the trap? What level of physical skill did they demonstrate?



Litter Trap - Task Card

GAME INSTRUCTIONS:

Start

In the center of the playing area two players hold hands facing the rest of the group and represent the foundations of a litter trap. The rest of the group represent litter traveling through the stormwater system.

Aims

- The litter's aim is to travel from one end of the playing area (the drain), through the trap and to the opposite end of the playing area (the creek).
- The trap's aim is to 'catch' as many pieces of litter as possible by tagging them with their free hand.



Rules

- ONLY the trap members in the end positions can tag pieces of litter with their free hand. Thus the whole trap must work as a team, moving as one and communicate clearly to determine the direction that will trap the most litter.
- If a piece of litter is caught it then becomes part of the trap, joining hands with the end person.
- Litter can be sneaky and pass through the trap by ducking under joined arms or through legs. This may simulate small litter items, such as cigarette butts, passing through traps.
- Once litter reaches the waterway without having been trapped, the game zones swap. ie. Where the litter now stands is the stormwater drain, with the opposite end being the waterway.

*As the litter trap becomes larger, the litter should have less chance of escaping.
The game continues until all pieces of litter have been caught.*

End

The waterway is then free of pollution and the trap can be emptied and litter taken to landfill.

