

# modern teaching

Let's get active!

2024



**6 key**  
Curriculum  
focus areas

**Top 10 products**  
for balance & coordination

**Outdoor games**  
to bring the fun!

# Time to get active

We love it when we can get active outdoors. As you know, there are hundreds of reasons why staying active is important. Here's our top 10!

## Top 10 benefits of regular active play:



Improves cardiovascular health, bone strength and muscle development.



Helps to maintain a healthy weight.



Enhances cognitive function, attention and academic performance.



Socially, it fosters teamwork, communication and cooperation.



Promotes emotional wellbeing, reducing stress and anxiety.



Provides opportunities for creativity and imagination.



Instils healthy habits, setting the stage for a lifelong commitment to fitness.



Helps develop essential motor skills, balance and coordination.



Outdoors play exposes students to sunlight and boosts the body's Vitamin D supply.



Outdoor activity helps students develop more advanced motor skills; they're more likely to move in ways that challenge their muscles, bones and physical endurance.



# Supporting the Australian Curriculum: Health & Physical Education

The Curriculum is taught through 12 focus areas that provide the breadth of learning from Foundation to Year 10 that students need, to demonstrate the knowledge and skills described in each band. At MTA, we support you in your teaching practice across many of these focus areas including:



## CURRICULUM FOCUS AREA:

### Health benefits of physical activity

This addresses the impact regular physical activity participation has on health and wellbeing. Across the learning continuum, students learn about:

- Physical benefits of participating in physical activities
- Benefits of physical activities based on intensity, nature, duration and frequency
- Social, emotional and cognitive benefits of regular physical activity
- Social, cultural and environmental influences on physical activity participation
- Sedentary behaviours and their impact on health and wellbeing
- Strategies for minimising sedentary behaviour and including moderate physical activity in daily routines

Over the next few pages, we've highlighted some curriculum focus areas and how we can support you. With over 4,000 products in our sporting goods range, we're here for those who move, dance, run or play sport at any level.

Source: [https://v9.australiancurriculum.edu.au/teacher-resources/learning-area-resources/hpe\\_focus\\_areas](https://v9.australiancurriculum.edu.au/teacher-resources/learning-area-resources/hpe_focus_areas)





## CURRICULUM FOCUS AREA: Fundamental movement skills

Students across the continuum of learning practise fundamental movement skills.

**Locomotor & non-locomotor skills:** Rolling, balancing, sliding, jogging, running, leaping, jumping, hopping, dodging, galloping, skipping, floating & moving the body through water.

**Object control skills:** Bouncing, dribbling, throwing, catching, kicking, striking.



### Balance Beams

Bright easy to see colours, easily connected together and great for developing balance.

WS602624	Curved	\$136.95
WS602625	Straight	\$136.95



### NYDA Balance Board

Textured surface creates great grip, non-skid for their safety and great for learning about movement and relationship to balance.

WS28BB	\$49.50
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### Stilt Buckets

Come with a broad edge for additional stability, simple to use and are great for the whole class to use then pass on to the next student.

WS602695	\$17.95
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### Rock 'n' Hopper

Great for generating explosive hopping power as well as balance, simple to use and comes with a textured surface for grip.

WS630490	\$27.95
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### 4 Person Team Walker

Foam bottom provides grip but also helps reduce noise, can adjust handles to the height of the user and great for collaboration and to teach them to work in teams.

WS602685	\$137.95
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## Scooter Boards

Can sit, stand or kneel on these, handles are great for stability and plastic means they are easy to wipe clean and dry.

<b>WS62641R</b>	Red	<b>\$39.95</b>
<b>WS62641Y</b>	Yellow	<b>\$39.95</b>



## Walkboards

Rubber stoppers prevent them from sliding around, stack together for easy storage and wooden design feels great under feet.

<b>MR0322</b>	Set of 8	<b>\$784.95</b>
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## NYDA Kanga Sacs

Handles provide great grip, pouch allows objects to be carried for fun games and the 2 sizes means students at different heights can be accommodated.

<b>WS43KSJ</b>	Set of 6 - Joey	<b>\$147.50</b>
<b>WS43K</b>	Set of 6 - Youth	<b>\$158.95</b>



## Egg & Spoons

Bright colours are easy to see and provide a great focal point, wooden design make them robust yet lightweight and great for building teamworking skills in students for collaboration.

<b>WS602955</b>	Set of 6	<b>\$22.95</b>
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## Elastiks

Loop of elastic designed for jumping over and creating fun moves and rhymes. Size: 2.4(L)m x 25(W)mm.

<b>WS601310</b>		<b>\$9.50</b>
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## Balance & coordination activities:

- Improve posture, agility and spatial awareness
- Promote confidence in physical movement
- Sets the stage for lifelong athleticism and overall wellbeing
- Build teamwork skills



## CURRICULUM FOCUS AREA:

### Active play & minor games

This is around learning through play with people, objects and representations. The content supports students to be physically active and develop creativity, persistence, negotiation, problem-solving, planning and cooperation through active play, imaginative play, small group games, minor games (with few rules) and lead-up games (that isolate the skills used to play the sport it mimics).

#### WOS Soft Inflated Balls

Easily inflated, textured surface for grip and bright colours are easy to see and recognise.

<b>WS60466B</b>	12.5cm – Blue	<b>\$20.95</b>
<b>WS60466G</b>	12.5cm – Green	<b>\$20.95</b>
<b>WS60466R</b>	12.5cm – Red	<b>\$20.95</b>
<b>WS60466Y</b>	12.5cm – Yellow	<b>\$20.95</b>
<b>WS60470B</b>	15cm – Blue	<b>\$22.95</b>
<b>WS60470G</b>	15cm – Green	<b>\$22.95</b>
<b>WS60470R</b>	15cm – Red	<b>\$22.95</b>
<b>WS60470Y</b>	15cm – Yellow	<b>\$22.95</b>
<b>WS60473B</b>	20cm – Blue	<b>\$25.95</b>
<b>WS60473G</b>	20cm – Green	<b>\$25.95</b>
<b>WS60473R</b>	20cm – Red	<b>\$25.95</b>
<b>WS60473Y</b>	20cm – Yellow	<b>\$25.95</b>
<b>WS60474B</b>	25cm – Blue	<b>\$31.50</b>
<b>WS60474G</b>	25cm – Green	<b>\$31.50</b>
<b>WS60474R</b>	25cm – Red	<b>\$31.50</b>
<b>WS60474Y</b>	25cm – Yellow	<b>\$31.50</b>



#### WOS Density Foam Balls

These come with a textured finish making them great to grip, their foam design is robust yet safe and they can accommodate a large range of games and sporting codes.

<b>WS60047B</b>	7cm – Blue	<b>\$9.95</b>
<b>WS60047G</b>	7cm – Green	<b>\$9.95</b>
<b>WS60040R</b>	7cm – Red	<b>\$9.95</b>
<b>WS60040Y</b>	7cm – Yellow	<b>\$9.95</b>
<b>WS60041B</b>	9cm – Blue	<b>\$11.95</b>
<b>WS60041G</b>	9cm – Green	<b>\$11.95</b>
<b>WS60041R</b>	9cm – Red	<b>\$11.95</b>
<b>WS60041Y</b>	9cm – Yellow	<b>\$11.95</b>
<b>WS60415B</b>	15cm – Blue	<b>\$20.95</b>
<b>WS60415G</b>	15cm – Green	<b>\$20.95</b>
<b>WS60415R</b>	15cm – Red	<b>\$20.95</b>
<b>WS60415Y</b>	15cm – Yellow	<b>\$20.95</b>





## WOS High Bounce Balls

Great for handball and other throwing or hitting games, affordable so each student can have their own and rubber design gives them great bounce while being safe to use.

<b>WS600455</b>	Each	<b>\$3.50</b>
<b>WS60455B</b>	Bucket of 24	<b>\$95.95</b>



## NYDA Rubber Soccer Balls

Tough ball that is suitable for all surfaces, lightweight to kick with ease and colour coded to each size making them easy to identify.

<b>WS631N3</b>	Size 3	<b>\$16.95</b>
<b>WS631N4</b>	Size 4	<b>\$16.95</b>
<b>WS631N5</b>	Size 5	<b>\$16.95</b>



## Throwing, kicking & catching games:

- Accommodate a range of games and codes
- Improve hand-eye coordination
- Improve throwing technique
- Build teamwork & communication skills



## Soft Touch PVC Volleyball

Great to learn the techniques of volleyball with minimal impact on the hands, lightweight to hit over the net and to other players and bright pink to easily track through the air.

<b>WS94040P</b>	<b>\$10.50</b>
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## NYDA Heavy Duty Playballs

Medium compression to not bounce too high, soft design for low impact and great for throwing and building technique.

<b>WS621P15</b>	15cm	<b>\$7.50</b>
<b>WS621P20</b>	20cm	<b>\$9.50</b>



## CURRICULUM FOCUS AREA: Lifelong physical activities

This focuses on how participation in physical activity can enhance health-related fitness and wellbeing across the lifespan. Individual & group activities (such as circuits, activity stations, skipping activities, playground games), active recreation activities, which could include street walks, park runs, orienteering, fitness or recreation, bushwalking, strength and resistance training.



### Ultra Star Ultimate Disc

Competition quality, great steady flight and robust to take a lot of wear and tear.

WS603072

\$36.95



### NYDA Pro Flying Disc

Bright colour makes it easy to see even in low light, great reliable flight and strong plastic design to maintain shape.

WS603047 165g

\$12.50



### Alphabet Bean Bags

Upper and lower case lettering, great for games and even spelling.

WS601335 Set of 26

\$69.95



### Number Bean Bags

Feature numbers, words and dots all representing the number on the bean bag, strong stitching and bright colours.

WS601338 Set of 10

\$24.95



### WOS Flat Bean Bags

Double stitched for durability, lightweight to throw and great for throwing and catching.

WS601332 Blue

\$3.50

WS61332G Green

\$3.50

WS61332R Red

\$3.50

WS61332Y Yellow

\$3.50



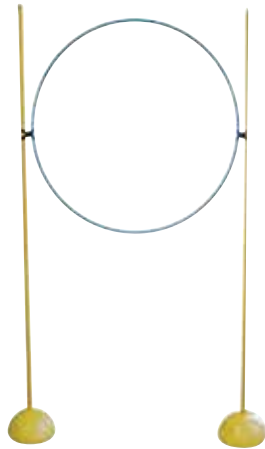
### Colour Bean Bags

Feature the colour spelt on each bean bag, primary and secondary colours that are great for colour recognition, throwing and games.

WS601336 Set of 8

\$29.95





## WOS Hoop Stand Kit

Can change height to suit the students, great for creating throwing targets that are reasonable in size and lightweight to move around.

WS602690

\$50.50



## Stick Ball Set

A classic that teaches the fundamental throwing and catching basics, brightly coloured making them easy to see and great grip so they hit and stick.

WS600426

\$16.95



## Disc Catcher

Wide mouth which allows for plenty of room for error, height adjustable and net helps identify hits and misses.

WS603005

\$66.50



## WOS Scoop Ball Set

Scoop allows for greater throwing distances, textured handle to maintain grip and lightweight plastic design that is easy to clean.

WS600477

\$9.95



## WOS Catch a Cup & Ball

Great for improving hand eye coordination, string prevents the ball from hitting the ground and lightweight design making it easy for students of all abilities to use.

WS603200

\$9.95



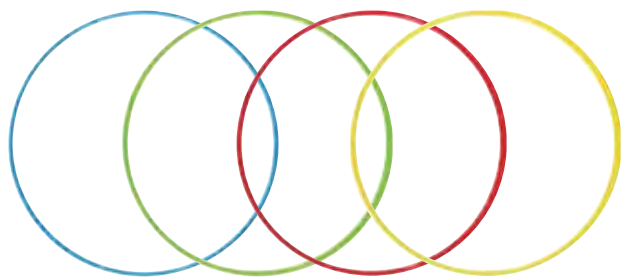
## Throwing & catching activities:

- Improve hand-eye coordination
- Improve throwing precision
- Build teamwork and communication skills



## CURRICULUM FOCUS AREA: Rhythmic & expressive activities

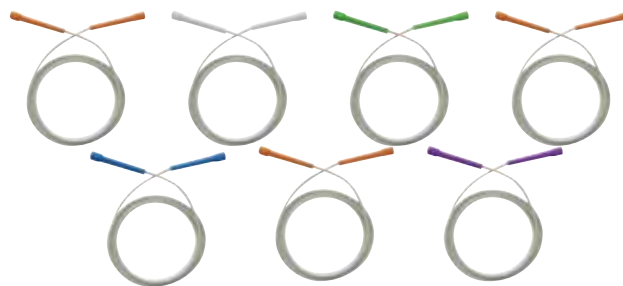
This covers how movement can be composed and performed in response to equipment, beats and sounds, images, words and themes, and includes such things as creative movement, movement exploration, dance styles and dance elements.



### Solid Hoops

Lightweight and easy to use, seamless moulding makes them thick and durable to take a lot of use while staying together and they can also create targets for bean bags and throwing discs.

<b>WS63865B</b>	50cm – Blue	<b>\$6.95</b>
<b>WS63865G</b>	50cm – Green	<b>\$6.95</b>
<b>WS63865R</b>	50cm – Red	<b>\$6.95</b>
<b>WS63865Y</b>	50cm – Yellow	<b>\$6.95</b>
<b>WS603866</b>	64cm – Blue	<b>\$6.95</b>
<b>WS603867</b>	64cm – Green	<b>\$6.95</b>
<b>WS603868</b>	64cm – Red	<b>\$6.95</b>
<b>WS603869</b>	64cm – Yellow	<b>\$6.95</b>



### Skipping Ropes

Range of different lengths to suit different user heights, thick plastic rope suitable for hard surfaces and great for warm ups, competitions and other fun games.

<b>WS607728</b>	1.8m	<b>\$4.00</b>
<b>WS607729</b>	2.1m	<b>\$4.95</b>
<b>WS607732</b>	2.4m	<b>\$4.95</b>
<b>WS607744</b>	2.7m	<b>\$4.95</b>
<b>WS607758</b>	3.0m	<b>\$6.95</b>
<b>WS607773</b>	5.1m	<b>\$6.95</b>
<b>WS607775</b>	10.0m	<b>\$12.95</b>



### Parachutes

Great for bringing whole classes together and encouraging students to get some sunlight, lightweight to use and easy to fold down and pack away.

<b>KS180</b>	Small – 175cm with 8 handles	<b>\$69.95</b>
<b>KS181</b>	Medium – 350cm with 8 Handles	<b>\$119.95</b>
<b>KS182</b>	Large – 700cm with 16 Handles	<b>\$229.95</b>



### Spikeball

Great for encouraging movement in a fun and exciting way, quick to set up and pack down and great for developing multiple skills at once.

<b>WS635510</b>	<b>\$119.95</b>
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### Giant Snakes & Ladders

Can be used indoors or out, great for multiple players. Includes lightweight, inflatable dice.

WS633304

\$111.95



### Giant Tower Blocks

Large pieces are easy to grip, allows complete movement around the stack and simple to set up and play.

WS633303

\$159.95



### BS Toys - Giant Four in a Row

2 vibrant disk colours, easy to clear and start over and can sit on a floor or on a table.

BUIT279

\$89.95



### Giant Plastic Chess Set & Mat

Quick to set up and pack down, flexible mat to play on different surfaces and large pieces for a more emersive game.

WS633301

\$419.95



### BS Toys - Giant Checkers

Large 85cm mat, can be used indoors or out and large wooden pieces that are easy to handle and place down.

BUIT242

\$44.95



## Gross motor skills activities:

- Indoors or outdoors
- Improve coordination
- Encourage body movement
- Great for warmups
- Build foundational movement skills



## CURRICULUM FOCUS AREA: Games & sports

This focuses on the development of movement skills and concepts through games and sports. It's expected that students will participate in modified games, traditional games, culturally significant sports (such as traditional games of First Nations Australians), non-traditional games and sports (including student-designed games).



### NYDA Tenpin Bowling Set

2 sets of 3-finger hole patterns for various finger sizes, lightweight foam design and can be used indoors or outdoors.

WS604999

\$94.95



### Croquet Set

Textured handles great for sweaty palms, durable polymer balls and solid double ended hammers to deliver a consistent impact.

WS639010

\$104.50



### NYDA Plastic Bocce Set

Includes durable carry case, bright colours are easy to see and lightweight for younger players to get involved.

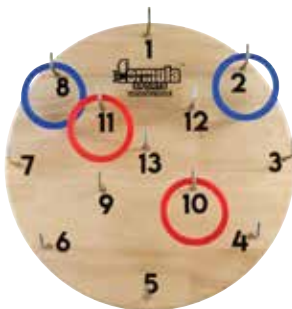
WS211733

\$42.95



## Games & sports:

- Foster physical health & wellbeing
- Enhance gross motor skills
- Promote healthy outdoor fun
- Promote active habits early
- Build foundational movement skills



### Hookey

2 sets of different coloured rings to easily identify scores, bent hooks prevent rings falling off and easily mounted and set to most walls.

WS639031

\$24.95



### Rope Floor Quoits

Thick base for stability, thick quoits for great grip and able to withstand plenty of use.

WS639052

\$42.95



### Number Toss

Robust wooden design, quick to set up and can play different games or come up with their own. Great storage crate with handles.

WS639040

\$52.50

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