

Lesson	Objective	Suggested Learning Activities	Assessment
<p>1.</p>	<p>Balance To demonstrate static balance using different body parts.</p> <p>To demonstrate dynamic balance when moving around.</p>	<p>Warm Up Move around the area, stop and balance on command. Jog, skip, jump, hop, side step. Stretches Rhyme</p> <p>Activity 1: Body Parts Jog around the room, when a body part is shouted you must balance with that body part on the floor. Ensure students are holding still and not moving. Encourage the use of other body parts to help balance</p> <p>Activity 2: Mirrors Standing opposite a partner, one student does different actions and balances, the other is the mirror and has to copy. Encourage using the opposite to look like a mirror image. Stop and ask to hold a balance as a mirror. Swap roles</p> <p>Activity 3: Under the Sea- Name animals that live under the sea, children to get into a still shape of the animal. Swim (jog with swimming arms) around, teacher to call out what animals they see and children to hold their animal shape.</p> <p>Activity 4: Stalk Test Children to stand and balance for 30 seconds on 2 legs, 2 legs with eyes closed, 1 leg, 1 leg with eyes closed. Discuss what happens when you have eyes closed. Encourage using different ways to stay balanced, focusing on a spot, finger on ear, belly button, nose</p> <p>Cool Down Walking around room, dynamic stretches.</p>	<p>Can students perform different actions whilst remaining balanced?</p> <p>Can students identify how to balance on different body parts?</p> <p>Can students apply their balancing skills to a test situation with the stork test?</p>

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<p>2.</p>	<p>Co-ordination To demonstrate coordination of different body parts</p> <p>To demonstrate coordination when using equipment</p>	<p>Warm up: Traffic Lights Red; stop, Amber; Walk, Green; Jog. Roundabout; turn around, Speed Bump; jump Dynamic Stretches</p> <p>Activity 1: Spotty Jumps Children to jump from spot to spot and explore different pathways. Jump 2 feet to 2 feet, hop & leap. How far can you travel in 10 spots? How far can you travel in 2 spots? Encourage keeping head up to watch out for other people, chose a different pathway if your chosen spot is taken.</p> <p>Activity 2: Carrying a ball Move around by jogging from spot to spot, don't have to choose spot closest to them. Then when they get to the spot, place the ball down and continue. Activity 3: Dribble a ball- Move from spot to spot dribbling a ball. Encourage head up, using the side of the foot</p> <p>Cool Down: Trains Stay connected as a train, and team follows the leader.</p>	<p>Can students demonstrate different ways of moving?</p> <p>Can students move around the area whilst carrying a ball without dropping it?</p> <p>Can students use different parts of their body to move a ball from one place to another?</p>

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<p>3.</p>	<p>Agility To demonstrate agility with control and speed</p>	<p>Warm Up- Toilet Tag When tagged make a toilet (one knee on the floor the other up, 1 hand in the air) To get free someone needs to sit on the toilet (bent knee) and flush the chain (pull down the elevated arm)</p> <p>Activity 1: Running technique Children to run around the area and change the way they run: arms by their side, arms bent, legs with no bend, on toes etc. Then encourage children to use their arms with a hip to lip action, high knees and balls of their feet.</p> <p>Activity 2: Zig Zag Run Set out cones in a zig zag, children to run from cone to cone, encourage planting one foot and quickly changing direction. Add a ball to dribble or carry</p> <p>Activity 3: Domes and dishes Set out cones, half the right way half the wrong way. Split group into 2 teams. One team are domes and have to turn all the cones the right way round, One team are dishes and have to turn all the cones the wrong way round</p> <p>Cool Down Walking relays in teams.</p>	<p>Can students identify the most effective running technique?</p> <p>Can students demonstrate how to change direction quickly when running?</p> <p>Can students use their agility in a competitive situation ?</p>

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<p>4.</p>	<p>Agility To demonstrate agility when performing different movements.</p> <p>To combine agility and coordination with control</p>	<p>Warm up: Toilet Tag When tagged make a toilet (one knee on the floor the other up, 1 hand in the air) To get free someone needs to sit on the toilet (bent knee) and flush the chain (pull down the elevated arm).</p> <p>Activity 1: Follow my leader In pairs copy the action of the leader; jog, skip, and change directions. Swap so both get to be leader</p> <p>Activity 2: In/out relay Continuous relay moving in and out of cones to encourage quick change of direction.</p> <p>Activity 3: Bank Set out hoops in 3 rows. Each team has beanbags/tennis balls/quoits to throw one at a time. If it lands in a hoop they have to run behind the hoops to collect a cone. Which team can bank the most cones? Change conditions so different hoops/equipment equal different number of cones. Set targets for number of cones to collect.</p> <p>Cool Down Hop Scotch / Hopping/ Jogging.</p>	<p>Can students successfully navigate a range of pathways using their agility?</p> <p>Can students use their co-ordination skills to successfully hit a given target?</p> <p>Can students use counting skills to work out how many points their team can achieve in a game situation?</p>

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<p>5.</p>	<p>ABC Circuit To demonstrate agility, balance and coordination</p>	<p>Warm Up: Traffic Light Tag 2 bean bags (green, yellow, red) people with the beanbags are the taggers. When tagged you pass the beanbag on. If you're left with the beanbags at the end, have to do a forfeit eg star jumps, low to high jumps.</p> <p>Activity – A circuit of 4 activities will be set up (1 activity for each group)</p> <ol style="list-style-type: none"> 1. Beanbag throw - set out hoops, children to throw beanbags into hoops, points for each hoop 2. Over/Under Relay - pass the ball over head, under legs, person at the back runs to the front. If rebound nets available when person gets to the front throw ball at net and catch it. 3. Beanbag Relay - split group in half, each half stands behind a hoop. 1st person runs with the beanbag and drops into opposite hoop. Next person runs once beanbag is in hoop. 4. Frog Jump - set out spots, jump, leap, hop from spot to spot <p>Cool Down Follow the leader in teams. Change leader on the whistle or teacher command.</p>	<p>Can students demonstrate balance, agility and co-ordination in a fun and competitive situation?</p> <p>Can students combine the skills to effectively complete tasks?</p>