



Lesson 4: Hop Paper Scissors - Outdoor

<p><u>Strand(s):</u> Athletics</p> <p>Gymnastics</p> <p>Games</p> <p>Outdoor and Adventure Activities</p>	<p><u>Strand Units</u> Running Understanding and Appreciation of athletics (N/A to JI/SI) Jumping</p> <p>Movement Understanding and Appreciation of Gymnastics</p> <p>Understanding and Appreciation of Games Creating and Playing Games</p> <p>Understanding and appreciation of outdoor and adventure activities</p>		
<p>Curriculum Objectives: Indicate relevant class level(s) below</p>			
<ul style="list-style-type: none"> • JI/SI <p>Understanding and appreciation of outdoor and adventure activities -- begin to develop an appreciation of and respect for the environment</p> <p>Cone Laps - Running -- practise the standing start -- walk or jog in a non-competitive setting for periods extending from 30 seconds to 90 seconds</p> <p>Jumping -- experiment with various ways of jumping</p>	<ul style="list-style-type: none"> • 1st /2nd <p>Understanding and appreciation of outdoor and adventure activities -- discuss the safety aspects of activities undertaken -- develop an appreciation of and respect for the environment explored</p> <p>Cone Laps Jumping -- explore the various ways of jumping</p> <p>Running -- practise the standing start -- walk or jog in a non-competitive setting for periods extending from 30 seconds to two minutes</p> <p>Squat: Understanding and</p>	<ul style="list-style-type: none"> • 3rd/4th <p>Understanding and appreciation of outdoor and adventure activities -- plan, observe, describe and discuss activities outdoors</p> <p>Cone Laps Running -- practise the standing start -- walk, jog or run in a non-competitive setting for periods extending from 30 seconds to 3 minutes</p> <p>Jumping -- explore skipping activities individually and as part of a group, with or without a rope</p> <p>Squat Understanding and appreciation of gymnastics</p>	<ul style="list-style-type: none"> • 5th/6th <p>Understanding and appreciation of outdoor and adventure activities -- develop positive attitudes towards caring for the environment -- discuss the safety aspects of activities undertaken -- plan, observe, describe and discuss activities outdoors</p> <p>Cone Laps Jumping -- explore the various ways of jumping, to include taking off from one foot and landing on two feet -- explore skipping activities individually and as part of a group, with or without a rope</p> <p>Running -- practise the standing start -- jog or run in a non-</p>

<p>Squat Movement -- develop good body tension and posture through gymnastic positions and movements</p> <p>Understanding and appreciation of gymnastics -- talk about movement and ask and answer questions about it</p> <p>Hop/ Paper/ Scissors Understanding and appreciation of games -- develop problem-solving and decision-making strategies</p> <p>- Creating and playing games -- play simple playground games</p>	<p>appreciation of gymnastics -- observe and describe movement and ask and answer questions about it</p> <p>Movement -- develop good body tension and posture through gymnastic positions and movements</p> <p>Understanding and appreciation of athletics -- develop an understanding of pace</p> <p>Hop/ Paper/ Scissors Understanding and appreciation of games -- develop problem-solving and decision-making strategies</p> <p>Creating and playing games -- play playground games -- play small-sided (mini) versions of games</p>	<p>-- observe and describe movement and ask and answer questions about it</p> <p>Movement -- develop good body tension and posture through gymnastic positions and movements</p> <p>Understanding and appreciation of athletics -- develop an understanding of pace</p> <p>Hop/ Paper/ Scissors Understanding and appreciation of games -- develop problem-solving and decision-making strategies, and an understanding of the tactics and strategies for use in modified games situations</p> <p>Creating and playing games -- play playground games -- play small-sided (mini) versions of games</p>	<p>competitive setting for periods extending from 30 seconds to 5 minutes</p> <p>Squat Understanding and appreciation of gymnastics -- observe, describe and ask and answer questions about movement</p> <p>Movement -- improve quality in body performance, notably in extension, body tension and clarity of body shape</p> <p>Understanding and appreciation of athletics -- describe and discuss movement and ask and answer questions about it</p> <p>Hop/ Paper/ Scissors Understanding and appreciation of games -- develop an understanding of the tactics and strategies for use in mini-games</p> <p>Creating and playing games -- play small-sided (mini) versions of games -- play playground games</p>
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Content/ Activities:

Warmup:

- Cone Laps: Cones are set up in a circle, students run laps for the duration of 1 minute, then rest. Repeat with 30 second bursts of hopping, superhero jumps etc

Exercise:

Air Squat:

- Teacher to explain and demonstrate the Air squat with the aid of FitCrew Video
- Correct positioning and posture to be emphasised
- Class complete the exercise themselves

Game:

Hop Paper Scissors:

- Class divided into teams
- A line of hula hoops is placed on the ground, one team at each end. 1 player on each team starts. They hop towards each other.
- When players meet in the middle, they stop and play Rock/Paper/Scissors. The winner continues hopping.
- The loser must step off the course, complete 5 ‘dish to superhero’ movements, then return to the back of their line and wait for their next go. The next player starts
- Teams receive 1 point for every team member that reaches their opponents side.

<p><u>Methodologies:</u> Use of ICT Cooperative games Problem Solving Active Learning Learning Through Play Exploration of Movement Collaborative Learning</p>	<p><u>Assessment:</u> Teacher Observation Peer/ Self Assessment Questioning Talk and Discussion</p>	
<p><u>Differentiation:</u> By task By support and explanation By pace</p>	<p><u>Integration:</u> S.P.H.E: Turn taking, Listening, Following instruction, working with others, communication Literacy Gaeilge</p>	<p><u>Resources:</u> FitCrew ICT Cones Hulahoops</p>