



## Lesson 5: Cannon 4 Corners

<p><b><u>Strand(s):</u></b> Gymnastics</p> <p>Athletics</p> <p>Games</p>	<p><b><u>Strand Units</u></b> Understanding and appreciation of gymnastics Movement</p> <p>Running Jumping</p> <p>Understanding and appreciation of games Sending, receiving and travelling</p>		
<p><b>Curriculum Objectives:</b> Indicate relevant class level(s) below</p>			
<ul style="list-style-type: none"> <li>● JI/SI</li> </ul> <p><b>Cone Laps</b> <b>- Running</b> -- practise the standing start -- walk or jog in a non-competitive setting for periods extending from 30 seconds to 90 seconds</p> <p><b>Jumping</b> -- experiment with various ways of jumping</p> <p><b>Cannonball Throws</b> <b>Understanding and appreciation of gymnastics</b> -- talk about movement and ask and answer questions about it</p> <p><b>Movement</b> -- develop good body tension and posture through gymnastic positions and movements</p>	<ul style="list-style-type: none"> <li>● 1st/2nd</li> </ul> <p><b>Cone Laps</b> <b>Jumping</b> -- explore the various ways of jumping</p> <p><b>Running</b> -- practise the standing start -- walk or jog in a non-competitive setting for periods extending from 30 seconds to two minutes</p> <p><b>Cannonball Throws</b> <b>Understanding and appreciation of gymnastics</b> -- observe and describe movement and ask and answer questions about it</p> <p><b>Movement</b> -- develop good body tension and posture through gymnastic positions and movements</p> <p><b>Four Corners Passing</b></p>	<ul style="list-style-type: none"> <li>● 3rd/4th</li> </ul> <p><b>Cone Laps</b> <b>Running</b> -- practise the standing start -- walk, jog or run in a non-competitive setting for periods extending from 30 seconds to 3 minutes</p> <p><b>Jumping</b> -- explore skipping activities individually and as part of a group, with or without a rope</p> <p><b>Cannonball Throws</b> <b>Understanding and appreciation of gymnastics</b> -- observe and describe movement and ask and answer questions about it</p> <p><b>Movement</b> -- develop good body tension and posture through gymnastic positions and movements</p> <p><b>Four Corners Passing</b> <b>Understanding and</b></p>	<ul style="list-style-type: none"> <li>● 5th/6th</li> </ul> <p><b>Cone Laps</b> <b>Jumping</b> -- 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><b>Running</b> -- practise the standing start -- jog or run in a non-competitive setting for periods extending from 30 seconds to 5 minutes</p> <p><b>Cannonball Throws</b> <b>Understanding and appreciation of gymnastics</b> -- observe, describe and ask and answer questions about movement</p> <p><b>- Movement</b> -- improve quality in body performance, notably in</p>

<p><b>Four Corners Passing</b>  <b>Understanding and appreciation of games</b>  -- talk about and develop movement skills relevant to games  <b>Sending, receiving and travelling</b>  -- develop and practise a range of ball-handling skills</p>	<p><b>Understanding and appreciation of games</b>  -- develop an understanding of the use of space  -- discuss and develop control in movement skills relevant to games  <b>Sending, receiving and travelling</b>  -- develop and practise ball-handling skills  -- practise skills previously experienced</p>	<p><b>appreciation of games</b>  -- develop an increased understanding of use of space  -- discuss and improve control in movement skills relevant to games  - <b>Sending, receiving and travelling</b>  -- develop and practise a range of ball-handling skills  -- practise skills previously experienced</p>	<p>extension, body tension and clarity of body shape   <b>Four Corners Passing</b>  <b>Understanding and appreciation of games</b>  -- develop an understanding of the use of space in mini-games  -- discuss and improve control in movement skills relevant to games  <b>Sending, receiving and travelling</b>  -- develop further and extend ball-handling skills  -- practise skills previously experienced</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, bear crawls, frog jumps etc

**Exercise:**

Cannonball Throws

- Children use soft balls to mimic the kettlebell swing, releasing the ball at the top of the movement (Cannonball throws)
- Children throw balls in the above way to each other in pairs, using the correct movement and maintaining correct posture
- Variations: Reverse throws, backward twists

**Game:**

Four Corners Passing

- 4 children per group, 1 child in each corner of the given section, 1 ball per group
- To begin: Children pass from one to another in one direction
- After 1 minute: Children step back to increase throwing distance
- After another minute: Children pass and run in the opposite direction until they return to their place, while the game continues.
- Different sized/types of balls can be used
- Add functional movement, complete 5 squats every time someone drops the ball, complete 6 lunges every 90 secs etc.

**Methodologies:**

Use of ICT  
Cooperative games/Collaborative Learning  
Active Learning  
Exploration of Movement

**Assessment:**

Teacher Observation  
Peer/ Self Assessment  
Questioning  
Talk and Discussion

**Differentiation:**

By task  
By support and explanation  
By pace

**Integration:**

S.P.H.E: Turn taking, Listening, Following instruction, working with others, communication  
Literacy/ Gaelge

**Resources:**

FitCrew, Soft Balls  
ICT, Speaker/Music  
Cones

