



Lesson 6: Hungry Hippo Sliders

<u>Strand(s):</u> Gymnastics		<u>Strand Units</u> Understanding and Appreciation of gymnastics Movement	
Athletics		Understanding and appreciation of athletics	
Games		Understanding and appreciation of games Creating and playing games	
Curriculum Objectives: Indicate relevant class level(s) below			
<ul style="list-style-type: none">● JI/SI Animal Movement Movement -- develop the basic movement actions of running, stopping, jumping, rolling, climbing, transferring weight, balancing, swinging, twisting and turning using a variety of body parts while exploring space Understanding and appreciation of athletics -- talk about movement and ask and answer questions about it Sumo Lunge Movement -- develop good body tension and posture through gymnastic positions and movements Understanding and appreciation of gymnastics -- talk about movement	<ul style="list-style-type: none">● 2nd/3rd Animal Movement Understanding and appreciation of athletics -- describe and discuss movement and ask and answer questions about it Understanding and appreciation of games -- develop an understanding of the use of space Movement -- develop the basic movement actions of balancing, rolling, turning, twisting, stretching, climbing and transferring weight using a variety of body parts while exploring space Sumo Lunge Understanding and appreciation of gymnastics -- observe and describe movement and ask and answer questions about it Movement	<ul style="list-style-type: none">● 3rd/4th Animal Movement Understanding and appreciation of games -- develop an increased understanding of use of space Understanding and appreciation of athletics -- describe and discuss movement and ask and answer questions about it Sumo Lunge Understanding and appreciation of gymnastics -- observe and describe movement and ask and answer questions about it Movement -- develop good body tension and posture through gymnastic positions and movements	<ul style="list-style-type: none">● 5th/6th Animal Movement Understanding and appreciation of games -- develop an understanding of the use of space in mini-games Understanding and appreciation of athletics -- develop a better understanding of speed, strength, control and co-ordination -- describe and discuss movement and ask and answer questions about it Sumo Lunge Understanding and appreciation of gymnastics -- observe, describe and ask and answer questions about movement Movement -- improve quality in body performance, notably in extension, body tension and clarity

<p>and ask and answer questions about it</p> <p>Hungry Hippo Sliders Understanding and appreciation of games -- talk about and develop movement skills relevant to games Creating and playing games -- play simple playground games</p>	<p>-- develop good body tension and posture through gymnastic positions and movements</p> <p>Hungry Hippo Sliders Understanding and appreciation of games -- discuss and develop control in movement skills relevant to games Creating and playing games -- play playground games</p>	<p>Hungry Hippo Sliders Understanding and appreciation of games -- discuss and improve control in movement skills relevant to games Creating and playing games -- play playground games</p>	<p>of body shape</p> <p>Hungry Hippo Sliders Understanding and appreciation of games -- discuss and improve control in movement skills relevant to games Creating and playing games -- play playground games</p>
<p><u>Content/ Activities:</u></p> <p><u>Warmup:</u> Animal Movement</p> <ul style="list-style-type: none"> Children move freely around the room and complete various movements when the teacher asks. 20 seconds per movement (x2/3 rounds) Movements include: Bear Crawl, Frog Jumps, Crab walk, inchworm, bear to crab, lizards. <p><u>Exercise:</u> Sumo Lunge</p> <ul style="list-style-type: none"> Teacher explains and demonstrates the Sumo Lunge with the aid of the FitCrew Video (Keep frame and back as straight as possible while leaning to one side then the other). Game: Children walk randomly around the hall until the teacher calls “Sumo”. Children place themselves opposite nearest person and “mirror” the movement at the same time - Game Duration: 3-4 minutes <p><u>Game:</u> Hungry Hippo Sliders</p> <ul style="list-style-type: none"> Group is divided into teams. Each team has a designated hoop in the middle of the room, filled with balls Team members take it in turns to bear crawl to their hoop and hold the ball while in the ‘superhero’ position. Two other team members take their legs and drag them back to the team. The next team member goes. This continues until the first team retrieves all their balls from their hoop 			
<p><u>Methodologies:</u> Use of ICT Cooperative games/ Problem Solving Active Learning/ Learning Through Play Exploration of Movement</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</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 Soft Balls</p>	

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