



Lesson 7: Cannon 4 Corners

<p><u>Strand(s):</u> Gymnastics</p> <p>Athletics</p> <p>Games</p>	<p><u>Strand Units</u> Understanding and appreciation of gymnastics Movement</p> <p>Running Jumping</p> <p>Understanding and appreciation of games Sending, receiving and travelling</p>
<p>Curriculum Objectives: Indicate relevant class level(s) below</p>	
<p>● JI/SI</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> <p>Cannonball Throws Understanding and appreciation of gymnastics -- talk about movement and ask and answer questions about it</p> <p>Movement -- develop good body tension and posture through gymnastic positions and movements</p>	<p>● 1st/2nd</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>Cannonball Throws Understanding and 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>Four Corners Passing</p>
<p>● 3rd/4th</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>Cannonball Throws Understanding and 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>Four Corners Passing Understanding and</p>	<p>● 5th/6th</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-competitive setting for periods extending from 30 seconds to 5 minutes</p> <p>Cannonball Throws Understanding and appreciation of gymnastics -- observe, describe and ask and answer questions about movement</p> <p>- Movement -- improve quality in body performance, notably in</p>

Four Corners Passing Understanding and appreciation of games -- talk about and develop movement skills relevant to games Sending, receiving and travelling -- develop and practise a range of ball-handling skills	Understanding and appreciation of games -- develop an understanding of the use of space -- discuss and develop control in movement skills relevant to games Sending, receiving and travelling -- develop and practise ball-handling skills -- practise skills previously experienced	appreciation of games -- develop an increased understanding of use of space -- discuss and improve control in movement skills relevant to games - Sending, receiving and travelling -- develop and practise a range of ball-handling skills -- practise skills previously experienced	extension, body tension and clarity of body shape Four Corners Passing Understanding and appreciation of games -- develop an understanding of the use of space in mini-games -- discuss and improve control in movement skills relevant to games Sending, receiving and travelling -- develop further and extend ball-handling skills -- practise skills previously experienced
<u>Content/ Activities:</u> <u>Warmup:</u> <ul style="list-style-type: none"> 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 <u>Exercise:</u> Cannonball Throws <ul style="list-style-type: none"> 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 <u>Game:</u> Four Corners Passing <ul style="list-style-type: none"> 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. 			
<u>Methodologies:</u> Use of ICT Cooperative games/Collaborative Learning Active Learning Exploration of Movement		<u>Assessment:</u> Teacher Observation Peer/ Self Assessment Questioning Talk and Discussion	
<u>Differentiation:</u> By task By support and explanation By pace	<u>Integration:</u> S.P.H.E: Turn taking, Listening, Following instruction, working with others, communication Literacy/ Gaeilge	<u>Resources:</u> FitCrew, Soft Balls ICT, Speaker/Music Cones	

