Lesson 7: Lunge Hoop Game

Strand(s):	Strand Units
Gymnastics	Understanding and appreciation of gymnastics Movement
Athletics	Understanding and appreciation of athletics
Games	Understanding and appreciation of games

Curriculum Objectives: Indicate relevant class level(s) below

● JI/SI	● 1st/2nd	● 3rd/4th	● 5th/6th
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 **Lunge** **Movement** -- develop good body tension and posture through gymnastic positions and movements **Understanding and appreciation of gymnastics** -- talk about movement and ask and answer	**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 **Lunge** **Understanding and appreciation of gymnastics** -- observe and describe movement and ask and answer questions about it **Movement** -- develop good body tension and posture	**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 **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 **Hoop Relay** **Understanding and appreciation of games** -- adapt rules to modify	**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 **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 of body shape

questions about it

Hoop Relay
Understanding and
appreciation of games
 -- apply simple rules to games
 -- develop problem-solving and decision-making strategies | through gymnastic positions and movements

Hoop Relay
Understanding and
appreciation of games
 -- develop problem-solving and decision-making strategies
 -- discuss and develop control in movement skills relevant to games | games and keep scores
 -- develop problem-solving and decision-making strategies, and an understanding of the tactics and strategies for use in modified games situations
 -- discuss and improve control in movement skills relevant to games | **Hoop Relay**
 Understanding and
appreciation of games
 -- adapt rules for use in mini-games and keep scores of games
 -- develop an understanding of the tactics and strategies for use in mini-games
 -- discuss and improve control in movement skills relevant to games |

Content/ Activities:

Warmup:

Animal Movement
- 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.

Exercise:

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

Game:

Hoop Relay 2
- Group is divided into teams. Each member of each group receives a hula hoop. Each team gets 1 extra hoop.
- The first member of each group will place their hoop down and step into it. The next hoop will be placed ahead and the next member will join in. This continues until all members are involved. The hoops will continuously moved forward towards the finish line, one at a time, until the finish line is crossed
- Functional movements e.g. squats and lunges can be introduced at the beginning/ end of the activity

Methodologies:	**Assessment:**
Use of ICT
Cooperative games/Collaborative Learning
Problem Solving, Active Learning
Learning Through Play
Exploration of Movement	Teacher Observation
Peer/ Self Assessment
Questioning
Talk and Discussion

Differentiation:	**Integration:**	**Resources:**
By task
By support and explanation
By pace	-S.P.H.E: Turn taking, Listening, Following instruction, working with others, communication, problem solving
-Literacy
-Gaeilge	FitCrew
ICT
Hula hoops