



Lesson 8: Outdoor Minefield

<p><u>Strand(s):</u> Athletics</p> <p>Games</p> <p>Outdoor and Adventure Activities</p>		<p><u>Strand Units</u> Running Jumping</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>			
<p>● JI/SI</p> <p>Understanding and appreciation of outdoor and adventure activities -- begin to develop an appreciation of and respect for the environment</p> <p>Bean Game Creating and playing games -- play simple playground games Jumping -- experiment with various ways of jumping</p> <p>Minefield Understanding and appreciation of games -- develop problem-solving and decision-making strategies -- talk about and develop movement skills relevant to games Movement -- develop good body</p>	<p>● 1st/2nd</p> <p>Understanding and appreciation of outdoor and adventure activities -- develop an appreciation of and respect for the environment explored</p> <p>Bean Game Jumping -- explore the various ways of jumping Creating and playing games -- play playground games</p> <p>Minefield Understanding and appreciation of games -- develop an understanding of the use of space -- develop problem-solving and decision-making strategies Movement</p>	<p>● 3rd/4th</p> <p>Understanding and appreciation of outdoor and adventure activities -- plan, observe, describe and discuss activities outdoors</p> <p>Bean Game Creating and playing games -- play playground games Jumping -- explore the various ways of jumping, to include taking off from one foot or two feet and landing on two feet</p> <p>Minefield 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 -- develop an increased understanding of use of space Movement</p>	<p>● 5th/6th</p> <p>Understanding and appreciation of outdoor and adventure activities -- plan, observe, describe and discuss activities outdoors</p> <p>Bean Game Jumping -- explore the various ways of jumping, to include taking off from one foot and landing on two feet Creating and playing games -- play playground games</p> <p>Minefield Understanding and appreciation of games -- develop an understanding of the tactics and strategies for use in mini-games -- develop an understanding of the use</p>

tension and posture through gymnastic positions and movements	-- develop good body tension and posture through gymnastic positions and movements	-- develop good body tension and posture through gymnastic positions and movements	of space in mini-games Movement -- improve quality in body performance, notably in extension, body tension and clarity of body shape
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Content/ Activities:

Warmup:

Bean Game

- Children move freely around the room and complete various movements when teacher asks-Duration: 3-4 Minutes total
- Movements include: Runner bean, string bean, French bean, jumping bean, baked bean, jelly bean

Game:

Minefield Game

- Cover area in a range of safe objects to create a 'minefield'
- Group is divided into 2 teams.
- One student from each team starts at one end of the minefield. This player is blindfolded.
- All other members of the team wait at the other end of the minefield. They navigate for their teammate to hear.
- Functional movement exercises are performed by the entire team every time the blindfolded player bumps into any of the obstacles. E.g. squats, lunges, sumo lunges, crossover lunges, dish, superheroes etc.
- First team to guide their player across wins.
- All players take turns to be the blindfolded player.

Methodologies:

Use of ICT
Cooperative games
Problem Solving
Active Learning
Learning Through Play
Exploration of Movement
Collaborative Learning

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
Gaeilge

Resources:

FitCrew
ICT
Hoops
Bibs