



Lesson 10: Outdoor Hoop Relay

<p><u>Strand(s):</u> Games</p> <p>Athletics</p> <p>Outdoor and Adventure Activities</p>		<p><u>Strand Units</u> Understanding and appreciation of games Creating and playing games</p> <p>Jumping</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</p> <p>Jumping -- experiment with various ways of jumping</p> <p>Hoop Relay Understanding and appreciation of games -- apply simple rules to games -- develop problem-solving and decision-making strategies</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</p> <p>Creating and playing games -- play playground games</p> <p>Hoop Relay Understanding and appreciation of games -- develop problem-solving and decision-making strategies -- discuss and develop control in movement skills relevant to games</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</p> <p>Jumping -- explore the various ways of jumping, to include taking off from one foot or two feet and landing on two feet</p> <p>Hoop Relay Understanding and appreciation of games -- adapt rules to modify 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</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</p> <p>Creating and playing games -- play playground games</p> <p>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</p>

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:

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:

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