



## Lesson 10: Hungry Hippos - Dish

<p><b><u>Strand(s):</u></b> Gymnastics</p> <p>Athletics</p> <p>Games</p>		<p><b><u>Strand Units</u></b> Understanding and appreciation of gymnastics Movement</p> <p>Running</p> <p>Understanding and appreciation of games Sending, receiving and travelling</p>	
<p>Curriculum Objectives: Indicate relevant class level(s) below</p>			
<ul style="list-style-type: none"> <li>● JI/SI</li> </ul> <p><b>Controlled Chaos</b> <b>Running</b> -- walk or jog in a non-competitive setting for periods extending from 30 seconds to 90 seconds</p> <p><b>Dish to Superhero</b> <b>Understanding and appreciation of gymnastics</b> -- talk about movement and ask and answer questions about it</p> <p><b>Movement</b> -- develop good body tension and posture through gymnastic positions and movements -- develop the basic movement actions of running, stopping, jumping, <u>rolling</u>, climbing, <u>transferring weight</u>, <u>balancing</u>, swinging, <u>twisting</u> and <u>turning</u> using a variety of body parts while</p>	<ul style="list-style-type: none"> <li>● 1st/2nd</li> </ul> <p><b>Controlled Chaos:</b> <b>Understanding and appreciation of games</b> -- develop an understanding of the use of space</p> <p><b>Running</b> -- walk or jog in a non-competitive setting for periods extending from 30 seconds to two minutes</p> <p><b>Dish to Superhero</b> <b>Understanding and appreciation of gymnastics</b> -- observe and describe movement and ask and answer questions about it</p> <p><b>Movement</b> -- develop good body tension and posture through gymnastic positions and movements -- develop the basic movement actions of balancing, rolling, turning, twisting, stretching, climbing and transferring weight using a variety of body parts while exploring</p>	<ul style="list-style-type: none"> <li>● 3rd/4th</li> </ul> <p><b>Controlled Chaos</b> <b>Understanding and appreciation of games</b> -- develop an increased understanding of use of space</p> <p><b>Running</b> -- walk, jog or run in a non-competitive setting for periods extending from 30 seconds to 3 minutes</p> <p><b>Dish to Superhero</b> <b>Understanding and appreciation of gymnastics</b> -- observe and describe movement and ask and answer questions about it</p> <p><b>Movement</b> -- create and perform sequences of movement to develop body awareness with appropriate variations of direction, pathways, levels, shape, speed and effort -- develop good body tension and posture</p>	<ul style="list-style-type: none"> <li>● 5th/6th</li> </ul> <p><b>Controlled Chaos</b> <b>Understanding and appreciation of games</b> -- develop an understanding of the use of space in mini-games</p> <p><b>Running</b> -- jog or run in a non-competitive setting for periods extending from 30 seconds to 5 minutes</p> <p><b>Dish to Superhero</b> <b>Understanding and appreciation of gymnastics</b> -- observe, describe and ask and answer questions about movement</p> <p><b>- Movement</b> -- improve quality in body performance, notably in extension, body tension and clarity of body shape</p> <p><b>Hungry Hippos</b> <b>Understanding and appreciation of games</b></p>

exploring space <b>Hungry Hippos</b> <b>Understanding and appreciation of games</b> -- apply simple rules to games -- talk about and develop movement skills relevant to games <b>Sending, receiving and travelling</b> -- begin to develop ball-handling skills	space <b>Hungry Hippos</b> <b>Understanding and appreciation of games</b> -- discuss and develop control in movement skills relevant to games <b>Sending, receiving and travelling</b> -- develop and practise ball-handling skills -- practise skills previously experienced	through gymnastic positions and movements <b>Hungry Hippos</b> <b>Understanding and appreciation of games</b> -- discuss and improve control in movement skills relevant to games <b>Sending, receiving and travelling</b> -- develop and practise a range of ball-handling skills -- practise skills previously experienced	-- develop an understanding of the tactics and strategies for use in mini-games -- discuss and improve control in movement skills relevant to games <b>Sending, receiving and travelling</b> -- develop further and extend ball-handling skills -- practise skills previously experienced
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**Content/ Activities:**

**Warmup:**

- Controlled Chaos – Class is divided into two groups, one at each end of the hall.
- On the word ‘ Go’ Group one runs forward, on the next ‘Go’, group 2 moves forward and group 1 moves back to their end of the hall. Repeat
- Repeat with running, hopping, bear crawls, superhero jumps and crab walking

**Dish to Superhero:**

- Children lie on their backs with straight arms and legs, then lift arms and legs at the same time to create the dish shape
- Children lie on their stomachs, lifting straight arms and legs, pushing stomachs into the ground to create the superhero shape
- Practice rolling from one shape to the other

**Game:**

**Hungry Hippos**

- Class divided into small groups with hula-hoop dedicated to them. Teacher signals for one member of their team to retrieve a ball from the playing area and return it to their hoop. Next player's turn. Repeat until all balls are retrieved.
- Winning team is the team with the most balls in their hoop at the end
- Vary each round by movement and by adding time limits

**Methodologies:**

Use of ICT      -Active Learning  
 Learning Through Play/ Cooperative Games  
 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  
 Hulahoops  
 Balls  
 Timer