



Lesson 11: 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>

<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</p>	<p>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</p>	<p>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</p>	<p>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</p>
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Content/ Activities:

Warmup:

- 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

Exercise:

Cannonball Throws

- 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

Game:

Four Corners Passing

- 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.

Methodologies:

Use of ICT
Cooperative games/Collaborative Learning
Active Learning
Exploration of Movement

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/ Gaelge

Resources:

FitCrew, Soft Balls
ICT, Speaker/Music
Cones

