



Lesson 11: The Floor is Lava

<u>Strand(s):</u> Gymnastics	<u>Strand Units</u> Understanding and appreciation of gymnastics Movement		
Athletics	Running Jumping		
Games	Understanding and appreciation of games Creating and Playing Games		
Curriculum Objectives: Indicate relevant class level(s) below			
<ul style="list-style-type: none">● JI/SI Cone Laps - Running -- practise the standing start -- walk or jog in a non-competitive setting for periods extending from 30 seconds to 90 seconds Jumping -- experiment with various ways of jumping Cannonball Throws Understanding and appreciation of gymnastics -- talk about movement and ask and answer questions about it Movement -- develop good body tension and posture through gymnastic positions and movements	<ul style="list-style-type: none">● 1st/2nd Cone Laps Jumping -- explore the various ways of jumping Running -- practise the standing start -- walk or jog in a non-competitive setting for periods extending from 30 seconds to two minutes Cannonball Throws 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 The Floor is Lava	<ul style="list-style-type: none">● 3rd/4th 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 Jumping -- explore skipping activities individually and as part of a group, with or without a rope Cannonball Throws 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 The Floor is Lava Understanding and	<ul style="list-style-type: none">● 5th/6th 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 Running -- practise the standing start -- jog or run in a non-competitive setting for periods extending from 30 seconds to 5 minutes Cannonball Throws 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

The Floor is Lava Understanding and appreciation of games -- develop problem-solving and decision-making strategies Creating and playing games -- play simple playground games Understanding and appreciation of gymnastics -- develop awareness of others when using apparatus	Understanding and appreciation of games -- develop problem-solving and decision-making strategies -- develop an understanding of the use of space Creating and playing games -- play playground games Understanding and appreciation of gymnastics -- develop awareness of others when using apparatus	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 Creating and playing games -- play playground games Understanding and appreciation of gymnastics -- develop awareness of others when using apparatus	clarity of body shape The Floor is Lava Understanding and appreciation of games -- develop an understanding of the use of space in mini-games -- develop an understanding of the tactics and strategies for use in mini-games Creating and playing games -- play playground games Understanding and appreciation of gymnastics -- develop awareness of others when using apparatus
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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:

The Floor is Lava

- Class divided into two teams
- Playing area is covered in suitable apparatus e.g. benches, mats, hoops for children to stand/walk/run and jump on. Balls and cones (or other), are also placed on the ground
- One at a time (1 per team) children navigate their way through the lava and pick up an item, emphasising the hip movement as they pick up an item, and return to the team. A target number of items is given.
- Variation: children hop on one leg, then the other

Methodologies:

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

Assessment:

Teacher Observation
Peer/ Self Assessment
Questioning
Talk and Discussion

<u>Differentiation:</u> By task By support and explanation By pace	<u>Integration:</u> S.P.H.E: Turn taking, Listening, Following instruction, working with others, communication Literacy Gaeilge	<u>Resources:</u> FitCrew ICT Cones Soft Balls Speaker/Music A variety of apparatus e.g. benches, mats, hoops A variety of small equipment e.g. balls/ cones
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