



Term: 1 Block: 1

Week: 4 Lesson: Duck Duck Goose(Indoor)

<p>Strand(s): Gymnastics</p> <p>Athletics</p> <p>Games</p>	<p>Strand Unit(s): Understanding and Appreciation of gymnastics Movement</p> <p>Understanding and appreciation of athletics Running</p> <p>Creating and Playing Games Understanding and Appreciation of Games</p>
<p>Learning Objectives: The children will be enabled to:</p> <ul style="list-style-type: none"> ■ Complete a Tabata workout to include Jumping Jacks and Mountain climbers ■ Perform the Air Squat while maintaining correct posture, positioning of feet and movement of legs and knees ■ Participate and play the class game, Duck Duck Goose <p>Curriculum Objectives:</p> <p>Understanding and appreciation of gymnastics</p> <ul style="list-style-type: none"> ■ Observe and describe movement and ask and answer questions about it <p>Movement</p> <ul style="list-style-type: none"> ■ Develop good body tension and posture through gymnastic positions and movements (The Air Squat) <p>Understanding and appreciation of athletics</p> <ul style="list-style-type: none"> ■ Analyse personal performance and performance of a partner in athletic activities ■ Measure an achievement ■ Describe and discuss movement and ask and answer questions about it <p>Running</p> <ul style="list-style-type: none"> ■ Practise reaction sprints (Duck Duck goose) <p>Understanding and appreciation of games</p>	

- Develop an increased understanding of use of space
- Discuss and improve control in movement skills relevant to games

Creating and playing games

- Play playground games
- Play small-sided (mini) versions of games

Content/Activities:

Warm Up:

Tabata

- Complete 8 rounds of 20 seconds work followed by ten seconds rest, alternating between Mountain Climbers and Jumping Jacks every round

Squat:

- Teacher to explain and demonstrate the Air squat with the aid of FitCrew Video
- Correct positioning and posture to be emphasised
- Class complete the exercise themselves

Game:

- Duck Duck Goose

Methodologies:

Use of Video/ICT
 Exploration of movement
 Active Learning
 Learning through Play
 Cooperative games

Assessment:

Teacher Observation
 Peer/ self-assessment
 Questioning

Differentiation:

By Task
 By Support and explanation

Linkage/Integration

Music: Rhythm
 S.P.H.E: Turn taking, Listening, following instructions
 Literacy: Listening Skills
 Gaeilge

Resources:

FitCrew
 ICT
 Music (Tabata)