



Lesson 13 : Superhero Hippo Sliders

<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>Understanding and appreciation of athletics (excl. JI/SI)</p> <p>Understanding and appreciation of games Creating and playing games</p>	
<p>Curriculum Objectives: Indicate relevant class level(s) below</p>			
<p>● JI/SI</p>	<p>● 1st /2nd</p>	<p>● 3rd/4th</p>	<p>● 5th/6th</p>
<p>Squat/Lunge Movement -- develop good body tension and posture through gymnastic positions and movements</p> <p>Understanding and appreciation of gymnastics -- talk about movement and ask and answer questions about it</p> <p>Superhero 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>Squat/Lunge 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>- Understanding and appreciation of athletics -- develop an understanding of pace</p> <p>Superhero 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>Squat/Lunge 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>Understanding and appreciation of athletics -- develop an understanding of pace</p> <p>Superhero 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>Squat/Lunge Understanding and appreciation of gymnastics -- observe, describe and ask and answer questions about movement</p> <p>Movement -- improve quality in body performance, notably in extension, body tension and clarity of body shape</p> <p>Understanding and appreciation of athletics -- describe and discuss movement and ask and answer questions about it</p> <p>Superhero 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>Hungry Hippo Sliders Understanding and appreciation of games -- talk about and develop movement skills relevant to games Creating and playing games -- play simple playground games</p>	<p>Hungry Hippo Sliders Understanding and appreciation of games -- discuss and develop control in movement skills relevant to games Creating and playing games -- play playground games</p>	<p>Hungry Hippo Sliders Understanding and appreciation of games -- discuss and improve control in movement skills relevant to games Creating and playing games -- play playground games</p>	<p>extension, body tension and clarity of body shape Hungry Hippo Sliders Understanding and appreciation of games -- discuss and improve control in movement skills relevant to games Creating and playing games -- play playground games</p>
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Content/ Activities:

Warmup:

Squat and Lunge

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

Exercise:

Superhero

- Children lie on their stomachs, lifting straight arms and legs, pushing stomachs into the ground to create the superhero shape

Game:

Hungry Hippo Sliders

- Group is divided into teams. Each team has a designated hoop in the middle of the room, filled with balls
- Team members take it in turns to bear crawl to their hoop and hold the ball while in the ‘superhero’ position.
- Two other team members take their legs and drag them back to the team.
- The next team member goes. This continues until the first team retrieves all their balls from their hoop

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
Hula hoops
Balls