



## Lesson 14 : Bear Squat - Tails

<b><u>Strand(s):</u></b> Athletics		<b><u>Strand Units</u></b> Running	
Gymnastics		Understanding and appreciation of gymnastics Movement	
Games		Understanding and appreciation of games Creating and Playing Games	
<b>Curriculum Objectives:</b> Indicate relevant class level(s) below			
<ul style="list-style-type: none"><li>● JI/SI</li></ul> <b>No hands relay</b> <b>Understanding and appreciation of games</b> -- talk about and develop movement skills relevant to games <b>Running</b> -- participate in team relays, in small groups, using various means of travelling  <b>Bear Hug/Front Squat</b> <b>Movement</b> -- develop good body tension and posture through gymnastic positions and movements <b>Understanding and appreciation of gymnastics</b> -- talk about movement and ask and answer questions about it	<ul style="list-style-type: none"><li>● 1st /2nd</li></ul> <b>No hands relay</b> <b>Understanding and appreciation of games</b> -- discuss and develop control in movement skills relevant to games <b>Running</b> -- participate in team relays or shuttle relays in small groups, using various means of travelling  <b>Bear Hug/Front Squat</b> <b>Understanding and appreciation of gymnastics</b> -- observe and describe movement and ask and answer questions about it <b>Movement</b> -- develop good body tension and posture through gymnastic positions and movements -- develop an understanding of pace  <b>Tails</b> <b>Understanding and appreciation of games</b> -- develop an	<ul style="list-style-type: none"><li>● 3rd/4th</li></ul> <b>No hands relay</b> <b>Understanding and appreciation of games</b> -- discuss and improve control in movement skills relevant to games <b>Running</b> -- participate in team relays or shuttle relays in small groups, using various means of travelling  <b>Bear Hug/Front Squat</b> <b>Understanding and appreciation of gymnastics</b> -- observe and describe movement and ask and answer questions about it <b>Movement</b> -- develop good body tension and posture through gymnastic positions and movements <b>Understanding and appreciation of athletics</b> -- develop an understanding of pace  <b>Tails</b> <b>Understanding and appreciation of games</b> -- adapt rules to modify	<ul style="list-style-type: none"><li>● 5th/6th</li></ul> <b>No hands relay</b> <b>Understanding and appreciation of games</b> -- discuss and improve control in movement skills relevant to games <b>Running</b> -- participate in team relays in small groups  <b>Bear Hug/Front Squat</b> <b>Understanding and appreciation of gymnastics</b> -- observe, describe and ask and answer questions about movement <b>Movement</b> -- improve quality in body performance, notably in extension, body tension and clarity of body shape <b>Understanding and appreciation of athletics</b> -- describe and discuss movement and ask and answer questions about it

<b>Tails</b> <b>Understanding and appreciation of games</b> -- apply simple rules to games <b>Creating and playing games</b> -- play simple playground games	understanding of the use of space -- apply simple rules to small-sided games -- discuss and develop control in movement skills relevant to games <b>- Creating and playing games</b> -- play playground games	games and keep scores -- develop an increased understanding of use of space -- discuss and improve control in movement skills relevant to games <b>Creating and playing games</b> -- play playground games	<b>Tails</b> <b>Understanding and appreciation of games</b> -- develop an understanding of the use of space in mini-games -- discuss and improve control in movement skills relevant to games <b>Creating and playing games</b> -- play playground games
<p><b><u>Content/ Activities:</u></b></p> <p><b><u>Warmup:</u></b></p> <p>No Hands Relay Race</p> <ul style="list-style-type: none"> <li>• Divide the class into teams. Set up a start and finish line. Allocate each team a mat.</li> <li>• One by one, each team member must run to the mat, lie down on their back, and stand back up without using their hands, before running back to their team</li> <li>• First team to have all team members complete the challenge and return to their team, wins.</li> </ul> <p><b><u>Exercise:</u></b></p> <p>Bear Hug/ Front Squat</p> <ul style="list-style-type: none"> <li>• Teacher to explain and demonstrate the squat with the aid of FitCrew Video</li> <li>• Correct positioning and posture to be emphasised</li> <li>• Class complete the exercise themselves</li> </ul> <p><b><u>Game:</u></b></p> <p>Tails</p> <ul style="list-style-type: none"> <li>• One tagger nominated (wears a bib)</li> <li>• Players hang a bib from the back of their shorts/ trousers</li> <li>• Tagger must pull the bibs from the players. Once a player loses their bib, they enter a designated area to complete a give functional exercise</li> </ul>			
<b><u>Methodologies:</u></b> Use of ICT Cooperative games Active Learning Learning Through Play Exploration of Movement Collaborative Learning		<b><u>Assessment:</u></b> Teacher Observation Peer/ Self Assessment Questioning Talk and Discussion	
<b><u>Differentiation:</u></b> By task By support and explanation By pace	<b><u>Integration:</u></b> S.P.H.E: Turn taking, Listening, Following instruction, working with others, communication Literacy Gaeilge	<b><u>Resources:</u></b> FitCrew ICT Bibs	