



Lesson 14 : Sumo Bend Sticky Witches

<u>Strand(s):</u> Athletics		<u>Strand Units</u> Understanding and appreciation for athletics Jumping Running	
Gymnastics		Understanding and appreciation of gymnastics Movement	
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 Random Movement Understanding and appreciation of athletics -- talk about movement and ask and answer questions about it Jumping -- experiment with various ways of jumping etc. Running -- walk or jog in a non-competitive setting for periods extending from 30 seconds to 90 seconds	<ul style="list-style-type: none">• 1st /2nd Random Movement Understanding and appreciation of athletics -- describe and discuss movement and ask and answer questions about it Jumping -- explore the various ways of jumping etc. Running -- walk or jog in a non-competitive setting for periods extending from 30 seconds to two minutes	<ul style="list-style-type: none">• 3rd/4th Random Movement Understanding and appreciation of athletics -- describe and discuss movement and ask and answer questions about it Jumping -- explore the various ways of jumping etc -- explore skipping activities individually and as part of a group, without a rope Running -- walk, jog or run in a non-competitive setting for periods extending from 30 seconds to 3 minutes	<ul style="list-style-type: none">• 5th/6th Random Movement Understanding and appreciation of athletics -- describe and discuss movement and ask and answer questions about it - Jumping -- explore the various ways of jumping etc -- explore skipping activities individually and as part of a group, without a rope - Running -- jog or run in a non-competitive setting for periods extending from 30 seconds to 5 minutes
Sumo Lifts Understanding and appreciation of gymnastics -- talk about movement and ask and answer questions about it Movement -- develop good body tension and posture through gymnastic	Sumo Lifts 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	Sumo Lifts Understanding and appreciation of gymnastics -- observe and describe	Sumo Lifts Understanding and appreciation of gymnastics -- observe, describe and ask and answer

<p>positions and movements -- develop the basic movement actions of transferring weight, balancing, swinging, twisting and turning using a variety of body parts while exploring space etc.</p> <p>Sticky Witches Understanding and appreciation of games -- apply simple rules to games -- talk about and develop movement skills relevant to games Creating and playing games -- play simple playground games</p>	<p>positions and movements -- develop the basic movement actions of balancing, rolling, turning, twisting, stretching, climbing and transferring weight using a variety of body parts while exploring space</p> <p>Sticky Witches Understanding and appreciation of games -- develop an understanding of the use of space -- discuss and develop control in movement skills relevant to games Creating and playing games -- play playground games</p>	<p>movement and ask and answer questions about it Movement -- develop good body tension and posture through gymnastic positions and movements</p> <p>Sticky Witches Understanding and appreciation of games -- discuss and improve control in movement skills relevant to games -- develop an increased understanding of use of space Creating and playing games -- play playground games</p>	<p>questions about movement Movement -- improve quality in body performance, notably in extension, body tension and clarity of body shape</p> <p>Sticky Witches 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 Creating and playing games -- play playground games</p>
<p><u>Content/ Activities:</u> <u>Warmup:</u> Random Movement</p> <ul style="list-style-type: none"> • Students move freely within the designated area. • Students complete different exercises as the teacher calls them out <ul style="list-style-type: none"> - Running, bear crawls, hopping, skipping, crab walks etc <p><u>Exercise:</u> Sumo Lifts</p> <ul style="list-style-type: none"> • Teacher to explain and demonstrate the Sumo lifts with the aid of FitCrew Video • Correct positioning and posture to be emphasised • Class complete the exercise themselves <p><u>Game:</u> Sticky witches</p> <ul style="list-style-type: none"> • Designate one tagger • Children move around the room, once tagged, children must stand with their feet stuck to the floor. • From this stuck position, children can tag others by reaching out around them • Last player free, wins 			
<p><u>Methodologies:</u> Use of ICT Problem Solving Cooperative games Active Learning Learning Through Play Exploration of Movement</p>		<p><u>Assessment:</u> Teacher Observation & Questioning Peer/ Self Assessment Talk and Discussion</p>	
<p><u>Differentiation:</u> By task By support and explanation By pace</p>	<p><u>Integration:</u> S.P.H.E: Turn taking, Listening, Following instruction, working with others, communication Literacy Gaeilge</p>	<p><u>Resources:</u> FitCrew ICT Balls</p>	