



## Lesson 15 : Bear Hug - Mystery Tag

<p><b><u>Strand(s):</u></b> Gymnastics</p> <p>Games</p>		<p><b><u>Strand Units</u></b> Understanding and appreciation of gymnastics Movement</p> <p>Understanding and appreciation of games</p>	
<p><b>Curriculum Objectives:</b> Indicate relevant class level(s) below</p>			
<ul style="list-style-type: none"> <li>● JI/SI</li> </ul> <p><b>Hoop Relay</b> <b>Understanding and appreciation of games</b> -- apply simple rules to games -- develop problem-solving and decision-making strategies</p> <p><b>Bear Hug/Front Squat</b> <b>Movement</b> -- develop good body tension and posture through gymnastic positions and movements</p> <p><b>Understanding and appreciation of gymnastics</b> -- talk about movement and ask and answer questions about it</p> <p><b>Mystery Tag</b> <b>Understanding and appreciation of games</b> -- apply simple rules to games -- talk about and</p>	<ul style="list-style-type: none"> <li>● 1st /2nd</li> </ul> <p><b>Hoop Relay</b> <b>Understanding and appreciation of games</b> -- develop problem-solving and decision-making strategies -- discuss and develop control in movement skills relevant to games</p> <p><b>Bear Hug/Front Squat</b> <b>Understanding and appreciation of gymnastics</b> -- observe and describe movement and ask and answer questions about it</p> <p><b>Movement</b> -- develop good body tension and posture through gymnastic positions and movements -- develop an understanding of pace</p> <p><b>Mystery Tag</b> <b>Understanding and appreciation of games</b> -- apply simple rules to small-sided games -- develop an understanding of the</p>	<ul style="list-style-type: none"> <li>● 3rd/4th</li> </ul> <p><b>Hoop Relay</b> <b>Understanding and appreciation of games</b> -- adapt rules to modify games and keep scores -- develop problem-solving and decision-making strategies, and an understanding of the tactics and strategies for use in modified games situations -- discuss and improve control in movement skills relevant to games</p> <p><b>Bear Hug/Front Squat</b> <b>Understanding and appreciation of gymnastics</b> -- observe and describe movement and ask and answer questions about it</p> <p><b>Movement</b> -- develop good body tension and posture through gymnastic positions and movements</p> <p><b>Understanding and appreciation of athletics</b> -- develop an understanding of pace</p> <p><b>Mystery Tag</b> <b>Understanding and appreciation of games</b></p>	<ul style="list-style-type: none"> <li>● 5th/6th</li> </ul> <p><b>Hoop Relay</b> <b>Understanding and appreciation of games</b> -- adapt rules for use in mini-games and keep scores of games -- develop an understanding of the tactics and strategies for use in mini-games -- discuss and improve control in movement skills relevant to games</p> <p><b>Bear Hug/Front Squat</b> <b>Understanding and appreciation of gymnastics</b> -- observe, describe and ask and answer questions about movement</p> <p><b>Movement</b> -- improve quality in body performance, notably in extension, body tension and clarity of body shape</p> <p><b>Understanding and appreciation of athletics</b> -- describe and discuss movement and ask and answer questions about it</p> <p><b>Mystery Tag</b> <b>Understanding and appreciation of games</b></p>

develop movement skills relevant to games	use of space -- discuss and develop control in movement skills relevant to games	-- adapt rules to modify games and keep scores -- develop an increased understanding of use of space -- discuss and improve control in movement skills relevant to games	-- adapt rules for use in mini-games and keep scores of games -- develop an understanding of the use of space in mini-games -- discuss and improve control in movement skills relevant to games
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**Content/ Activities:**

**Warmup:**

Hoop Relay

- Group is divided into teams. Each member of each group receives a hula hoop. Each team gets 1 extra hoop.
- The first member of each group will place their hoop down and step into it. The next hoop will be placed ahead and the next member will join in. This continues until all members are involved. The hoops will continuously moved forward towards the finish line, one at a time, until the finish line is crossed
- Functional movements e.g. squats and lunges can be introduced at the beginning/end of the activity

**Exercise:**

Bear Hug/ Front Squat

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

**Game:**

Mystery Tag

- One or two taggers nominated
- Mystery word/phrase given to the class
- Taggers must try to tag players. When a player is tagged they sit down and cover their eyes. Another player must whisper the mystery phrase to the tagged player, who must guess the whisperer's name. If guessed correctly, the player may return to the game
- Add functional movements for tagged players in later rounds.

**Methodologies:**

Use of ICT  
Cooperative games  
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

