



## Lesson 16 : Sumo - Colour Tag

<p><b><u>Strand(s):</u></b> Gymnastics</p>		<p><b><u>Strand Units</u></b> Understanding and appreciation of gymnastics Movement</p>	
<p>Games</p>		<p>Understanding and appreciation of games</p>	
<p><b>Curriculum Objectives:</b> Indicate relevant class level(s) below</p>			
<p>• JI/SI</p> <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>Sumo Lifts</b> <b>Understanding and appreciation of gymnastics</b> -- talk about 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 the basic movement actions of transferring weight, balancing, swinging, twisting and turning using a variety of body parts while exploring space etc.</p> <p><b>Colour Tag</b> <b>Understanding and</b></p>	<p>• 1st /2nd</p> <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>Sumo Lifts</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 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><b>Colour Tag</b> <b>Understanding and appreciation of games</b> -- apply simple rules to</p>	<p>• 3rd/4th</p> <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>Sumo Lifts</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>Colour Tag</b> <b>Understanding and appreciation of games</b> -- adapt rules to modify games and keep scores -- develop an increased</p>	<p>• 5th/6th</p> <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>Sumo Lifts</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>Colour Tag</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 use of</p>

<p><b>appreciation of games</b>  -- apply simple rules to games  -- talk about and develop movement skills relevant to games</p>	<p>small-sided games  -- develop an understanding of the use of space  -- discuss and develop control in movement skills relevant to games</p>	<p>understanding of use of space  -- discuss and improve control in movement skills relevant to games</p>	<p>space in mini-games  -- discuss and improve control in movement skills relevant to games</p>
<p><b><u>Content/ Activities:</u></b>  <b><u>Warmup:</u></b>  Hoop Relay</p> <ul style="list-style-type: none"> <li>● Group is divided into teams. Each member of each group receives a hula hoop. Each team gets 1 extra hoop.</li> <li>● 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</li> <li>● Functional movements e.g. squats and lunges can be introduced at the beginning/ end of the activity</li> </ul> <p><b><u>Exercise:</u></b>  Sumo Lifts</p> <ul style="list-style-type: none"> <li>● Teacher to explain and demonstrate the Sumo lifts 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>  Colour Tag</p> <ul style="list-style-type: none"> <li>● Class divided into three teams/ colours</li> <li>● Everyone can tag other players however each colour can only tag one other given colour e.g. orange can only tag green, green can only tag white and white can only tag orange.</li> </ul>			
<p><b><u>Methodologies:</u></b>  Use of ICT  Cooperative games  Active Learning  Learning Through Play  Exploration of Movement  Collaborative Learning</p>		<p><b><u>Assessment:</u></b>  Teacher Observation  Peer/ Self Assessment  Questioning  Talk and Discussion</p>	
<p><b><u>Differentiation:</u></b>  By task  By support and explanation  By pace</p>	<p><b><u>Integration:</u></b>  S.P.H.E: Turn taking,  Listening, Following instruction, working with others, communication  Literacy  Gaeilge</p>	<p><b><u>Resources:</u></b>  FitCrew  ICT  Balls  Bibs x 3 colours</p>	