



Lesson 16: Superhero - Hop Paper Scissors

<u>Strand(s):</u> Gymnastics	<u>Strand Units</u> Movement Understanding and appreciation of gymnastics		
Athletics	Understanding and appreciation of athletics Jumping		
Games	Understanding and appreciation of games Creating and Playing Games		
Curriculum Objectives - Indicate relevant class level(s) below			
<ul style="list-style-type: none"><u>JI/SI</u> Tabata Workout Understanding and appreciation of athletics -- talk about movement and ask and answer questions about it Jumping -- experiment with various ways of jumping Superhero Understanding and appreciation of gymnastics -- talk about movement and ask and answer questions about it Movement -- develop good body tension and posture through gymnastic positions and move Hop/ Paper/	<ul style="list-style-type: none"><u>1st/2nd</u> Tabata Workout Understanding and appreciation of athletics -- describe and discuss movement and ask and answer questions about it Jumping -- explore the various ways of jumping Superhero 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 positions and movements Hop/ Paper/ Scissors Understanding and	<ul style="list-style-type: none"><u>3rd/4th</u> Tabata Workout Understanding and appreciation of athletics -- describe and discuss movement and ask and answer questions about it Jumping -- explore the various ways of jumping, to include taking off from one foot or two feet and landing on two feet Superhero 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 positions and movements Hop/ Paper/ Scissors Understanding and appreciation of games	<ul style="list-style-type: none"><u>5th/6th</u> Tabata Workout Understanding and appreciation of athletics -- describe and discuss movement and ask and answer questions about it Jumping -- explore the various ways of jumping, to include taking off from one foot and landing on two feet Superhero Understanding and appreciation of gymnastics -- observe, describe and ask and answer questions about movement - Movement -- improve quality in body performance, notably in extension, body tension and clarity of body shape Hop/ Paper/ Scissors Understanding and appreciation of games -- develop an understanding of the tactics and strategies for use

Scissors Understanding and appreciation of games -- develop problem-solving and decision-making strategies - Creating and playing games -- play simple playground games	appreciation of games -- develop problem-solving and decision-making strategies Creating and playing games -- play playground games -- play small-sided (mini) versions of games	-- develop problem-solving and decision-making strategies, and an understanding of the tactics and strategies for use in modified games situations Creating and playing games -- play playground games -- play small-sided (mini) versions of games	in mini-games Creating and playing games -- play small-sided (mini) versions of games -- play playground games
<u>Content/ Activities:</u> <u>Warm Up:</u> Tabata <ul style="list-style-type: none"> Complete 8 rounds of 20 seconds work followed by ten seconds rest, alternating between Mountain Climbers and Jumping Jacks every round <u>Exercise</u> Superhero <ul style="list-style-type: none"> Children lie on their stomachs, lifting straight arms and legs, pushing stomachs into the ground to create the superhero shape <u>Game:</u> Hop Paper Scissors: <ul style="list-style-type: none"> Class divided into teams A line of hula hoops is placed on the ground, one team at each end. 1 player on each team starts. They hop towards each other. When players meet in the middle, they stop and play Rock/Paper/Scissors. The winner continues hopping. The loser must step off the course, complete 5 ‘dish to superhero’ movements, then return to the back of their line and wait for their next go. The next player starts Teams receive 1 point for every team member that reaches their opponents side. 			
<u>Methodologies:</u> Use of ICT Cooperative games Problem Solving Active Learning Learning Through Play Exploration of Movement Collaborative Learning		<u>Assessment:</u> Teacher Observation Peer/ Self Assessment Questioning Talk and Discussion	
<u>Differentiation:</u> By task By support and explanation By pace	<u>Integration:</u> S.P.H.E: Turn taking, Listening, Following instruction, working with others, communication	<u>Resources:</u> FitCrew ICT Hula hoops Music/Speaker	

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