



Lesson 17 : Bear Squat Sausage Roll

<p><u>Strand(s):</u> Athletics</p> <p>Gymnastics</p> <p>Games</p>		<p><u>Strand Units</u> Running Jumping</p> <p>Understanding and appreciation of gymnastics Movement</p> <p>Understanding and appreciation of games</p>	
<p>Curriculum Objectives: Indicate relevant class level(s) below</p>			
<p style="text-align: center;">● JI/SI</p> <p>Circle Run - Running -- practise the standing start -- walk or jog in a non-competitive setting for periods extending from 30 seconds to 90 seconds</p> <p>Jumping -- experiment with various ways of jumping</p> <p>Bear Hug/Front Squat Movement -- develop good body tension and posture through gymnastic positions and movements</p> <p>Understanding and appreciation of gymnastics -- talk about movement and ask and answer questions about it</p>	<p style="text-align: center;">● 1st /2nd</p> <p>Circle Run Jumping -- explore the various ways of jumping</p> <p>Running -- practise the standing start -- walk or jog in a non-competitive setting for periods extending from 30 seconds to two minutes</p> <p>Bear Hug/Front Squat Understanding and appreciation of gymnastics -- observe and describe movement and ask and answer questions about it</p> <p>Movement -- develop good body tension and posture through gymnastic positions and movements -- develop an understanding of pace</p> <p>Sausage Roll</p>	<p style="text-align: center;">● 3rd/4th</p> <p>Circle Run Running -- practise the standing start -- walk, jog or run in a non-competitive setting for periods extending from 30 seconds to 3 minutes</p> <p>Jumping -- explore skipping activities individually and as part of a group, with or without a rope</p> <p>Bear Hug/Front Squat Understanding and appreciation of gymnastics -- observe and describe movement and ask and answer questions about it</p> <p>Movement -- develop good body tension and posture through gymnastic positions and movements</p> <p>Understanding and appreciation of athletics -- develop an understanding of pace</p> <p>Sausage Roll</p>	<p style="text-align: center;">● 5th/6th</p> <p>Circle Run Jumping -- explore the various ways of jumping, to include taking off from one foot and landing on two feet -- explore skipping activities individually and as part of a group, with or without a rope</p> <p>Running -- practise the standing start -- jog or run in a non-competitive setting for periods extending from 30 seconds to 5 minutes</p> <p>Bear Hug/Front Squat Understanding and appreciation of gymnastics -- observe, describe and ask and answer questions about movement</p> <p>Movement -- improve quality in body performance, notably in extension, body tension and clarity of body shape</p> <p>Understanding and appreciation of athletics -- describe and discuss movement and ask and</p>

<p>Sausage Roll Understanding and appreciation of games -- apply simple rules to games -- talk about and develop movement skills relevant to games -- develop problem-solving and decision-making strategies</p>	<p>Understanding and appreciation of games -- apply simple rules to small-sided games -- develop an understanding of the use of space -- discuss and develop control in movement skills relevant to games -- develop problem-solving and decision-making strategies</p>	<p>Understanding and appreciation of 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 -- develop problem-solving and decision-making strategies, and an understanding of the tactics and strategies for use in modified games situations</p>	<p>answer questions about it</p> <p>Sausage Roll Understanding and appreciation of 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 -- develop problem-solving and decision-making strategies, and an understanding of the tactics and strategies for use in modified games situations</p>
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Content/ Activities:

Warmup:

Circle Run

- Players pair up and take a number (1 or 2). They stand one in front of the other.
- Place hoops in the middle of the circle.
- Teacher calls the number one or two. Players run around the circle and through a hoop. First player back wins

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:

Sausage Roll

- One tagger nominated, one runner nominated.
- All other players lay on a mat (two to a mat maximum)
- Taggers must try to tag the runner. The runner chooses a mat to lie down on. Another player on the outside of that mat must stand up and become the runner. If the runner is tagged, they become the tagger.
- Encourage played to choose different mats each time

Methodologies:

Use of ICT Collaborative Learning
Cooperative games Active Learning
Learning Through Play
Exploration of Movement

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
Mats
Ball
Cones/ hoops