



Lesson 17 : Dish-Hippo Sliders

<u>Strand(s):</u> Athletics Gymnastics Games	<u>Strand Units</u> Understanding and appreciation for athletics Jumping Running Understanding and appreciation of gymnastics Movement 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 Dish Understanding and appreciation of gymnastics -- talk about movement and ask and answer questions about it Movement -- develop good body tension and posture through gymnastic	<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 Dish Understanding and appreciation of gymnastics -- observe and describe movement and ask and answer questions about it Movement -- develop good body tension and posture	<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 Dish Understanding and appreciation of gymnastics -- observe and describe movement and ask and answer questions about it Movement -- develop good body tension and posture	<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 Dish Understanding and appreciation of gymnastics -- observe, describe and ask and answer questions about movement - Movement -- improve quality in body performance, notably in extension, body

positions and movements Hungry Hippo Sliders Understanding and appreciation of games -- talk about and develop movement skills relevant to games Creating and playing games -- play simple playground games	through gymnastic positions and movements Hungry Hippo Sliders Understanding and appreciation of games -- discuss and develop control in movement skills relevant to games Creating and playing games -- play playground games	through gymnastic positions and movements Hungry Hippo Sliders Understanding and appreciation of games -- discuss and improve control in movement skills relevant to games Creating and playing games -- play playground games	tension and clarity of body shape Hungry Hippo Sliders Understanding and appreciation of games -- discuss and improve control in movement skills relevant to games Creating and playing games -- play playground games
<p><u>Content/ Activities:</u></p> <p><u>Warmup:</u></p> <p>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></p> <p>Dish</p> <ul style="list-style-type: none"> • Children lie on their backs with straight arms and legs, then lift arms and legs at the same time to create the dish shape <p><u>Game:</u></p> <p>Hungry Hippo Sliders</p> <ul style="list-style-type: none"> • Group is divided into teams. Each team has a designated hoop in the middle of the room, filled with balls • Team members take it in turns to bear crawl to their hoop and hold the ball while in the ‘superhero’ position. • Two other team members take their legs and drag them back to the team. • The next team member goes. This continues until the first team retrieves all their balls from their hoop 			
<p><u>Methodologies:</u></p> <p>Use of ICT Problem Solving Cooperative games Active Learning Learning Through Play Exploration of Movement</p>		<p><u>Assessment:</u></p> <p>Teacher Observation & Questioning Peer/ Self Assessment Talk and Discussion</p>	
<p><u>Differentiation:</u></p> <p>By task By support and explanation By pace</p>	<p><u>Integration:</u></p> <p>S.P.H.E: Turn taking, Listening, Following instruction, working with others, communication Literacy Gaeilge</p>	<p><u>Resources:</u></p> <p>FitCrew ICT Hula Hoops</p>	