



## Lesson 18 : Dish Hunter Hawks

<p><b><u>Strand(s):</u></b> Athletics</p> <p>Gymnastics</p> <p>Games</p>	<p><b><u>Strand Units</u></b> Running Jumping</p> <p>Understanding and appreciation of gymnastics Movement</p> <p>Understanding and appreciation of games Creating and playing games</p>		
<p><b>Curriculum Objectives:</b> Indicate relevant class level(s) below</p>			
<p>● JI/SI</p> <p><b>Circle Run</b> <b>- Running</b> -- practise the standing start -- walk or jog in a non-competitive setting for periods extending from 30 seconds to 90 seconds</p> <p><b>Jumping</b> -- experiment with various ways of jumping</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,</p>	<p>● 1st /2nd</p> <p><b>Circle Run</b> <b>Jumping</b> -- explore the various ways of jumping</p> <p><b>Running</b> -- practise the standing start -- walk or jog in a non-competitive setting for periods extending from 30 seconds to two minutes</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,</p>	<p>● 3rd/4th</p> <p><b>Circle Run</b> <b>Running</b> -- practise the standing start -- walk, jog or run in a non-competitive setting for periods extending from 30 seconds to 3 minutes</p> <p><b>Jumping</b> -- explore skipping activities individually and as part of a group, with or without a rope</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>● 5th/6th</p> <p><b>Circle Run</b> <b>Jumping</b> -- 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><b>Running</b> -- practise the standing start -- jog or run in a non-competitive setting for periods extending from 30 seconds to 5 minutes</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</p>

<p>balancing, swinging, twisting and turning using a variety of body parts while exploring space etc</p> <p><b>Hunter Hawks Understanding and appreciation of games</b>  -- apply simple rules to games  -- talk about and develop movement skills relevant to games</p> <p><b>Creating and playing games</b>  -- play simple playground games</p>	<p>stretching, climbing and transferring weight using a variety of body parts while exploring space</p> <p><b>Hunter Hawks Understanding and appreciation of games</b>  -- apply simple rules to small-sided games  -- develop an understanding of the use of space</p> <p><b>Creating and playing games</b>  -- play playground games</p>	<p><b>Hunter Hawks Understanding and appreciation of games</b>  -- develop problem-solving and decision-making strategies, and an understanding of the tactics and strategies for use in modified games situations  -- develop an increased understanding of use of space</p> <p><b>Creating and playing games</b>  -- play playground games</p>	<p>extension, body tension and clarity of body shape</p> <p><b>Hunter Hawks Understanding and appreciation of games</b>  -- develop an understanding of the tactics and strategies for use in mini-games  -- develop an understanding of the use of space in mini-games</p> <p><b>Creating and playing games</b>  -- play playground games</p>
--	--	--	--

**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
- Include hopping/ jumping/ bear crawls etc. in later rounds

**Exercise:**

Sumo Lifts

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

**Game:**

Hunter Hawks

- Give each player a hoop. Players spread out their hoops and stand in them.
- Players communicate with each other and continuously swap places, running into each others hoops
- Nominate two taggers and remove their hoops. Taggers tag players when they are out of a hoop, and swap places with the player
- Refer to Fitcrew for more variations

**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

**Resources:**

FitCrew  
ICT  
Ball  
Cones/ hoops

	Literacy	Gaeilge	
--	----------	---------	--