



Lesson 18: Sumo Bin Ball

<u>Strand(s):</u> Gymnastics	<u>Strand Units</u> Movement Understanding and appreciation of gymnastics		
Athletics	Understanding and appreciation of athletics Jumping Throwing		
Games	Understanding and appreciation of 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 Sumo Lifts 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 movements -- develop the basic movement actions of transferring weight, balancing, swinging, twisting and turning using	<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 Sumo Lifts 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 -- develop the basic movement actions of balancing, rolling, turning, twisting, stretching, climbing and transferring	<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 Sumo Lifts 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"><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 Sumo Lifts Understanding and appreciation of gymnastics -- observe, describe and ask and answer questions about movement Movement -- improve quality in body performance, notably in extension,

<p>a variety of body parts while exploring space etc.</p> <p>Bin Ball Understanding and appreciation of games -- apply simple rules to games -- talk about and develop movement skills relevant to games</p> <p>Throwing -- experiment with appropriate objects and methods of throwing, aiming for height and distance</p>	<p>weight using a variety of body parts while exploring space</p> <p>Bin Ball Understanding and appreciation of games -- discuss and develop control in movement skills relevant to games</p> <p>Throwing -- experiment with appropriate objects and methods of throwing, aiming for height and distance</p>	<p>through gymnastic positions and movements</p> <p>Bin Ball Understanding and appreciation of games -- discuss and improve control in movement skills relevant to games</p> <p>Throwing -- develop the over-arm (javelin) throw from a standing position, using a beanbag, ball or foam javelin</p>	<p>body tension and clarity of body shape</p> <p>Bin Ball Understanding and appreciation of games -- discuss and improve control in movement skills relevant to games</p> <p>- Throwing -- develop the over-arm (javelin) throw from a standing position, using a beanbag, ball or foam javelin</p>
<p><u>Content/ Activities:</u></p> <p><u>Warm Up:</u> Tabata</p> <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 <p><u>Exercise:</u> Sumo Lifts</p> <ul style="list-style-type: none"> 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 <p><u>Game:</u> Bin Ball</p> <ul style="list-style-type: none"> Divide the class into two teams. Place a bin/bucket full of balls or beanbags in the middle of the room. Place a chair at each end. Nominate one player per team to hold a bucket and sit on the chair. Players take it in turns to retrieve a bean bag/ ball from the bin and throw it into the bucket. The player holding the bucket must remain on the seat. The team with the most bean bags/balls in their bucket at the end, wins 			
<p><u>Methodologies:</u> Use of ICT Cooperative games Problem Solving Active Learning Learning Through Play Exploration of Movement Collaborative Learning</p>		<p><u>Assessment:</u> Teacher Observation Peer/ Self Assessment Questioning Talk and Discussion</p>	
<p><u>Differentiation:</u> By task By support and explanation By pace</p>	<p><u>Integration:</u> S.P.H.E: Turn taking, Listening, Following instruction, working with others, communication</p>	<p><u>Resources:</u> FitCrew ICT Hula hoops Music/Speaker</p>	

	Literacy Gaeilge	Chair Buckets/ Bin Balls or Beanbags
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