



## Lesson 19 : Dish-Hippo Sliders

<b><u>Strand(s):</u></b> Gymnastics	<b><u>Strand Units</u></b> Understanding and appreciation of gymnastics Movement		
Games	Understanding and appreciation of games Creating and playing games		
<b>Curriculum Objectives:</b> Indicate relevant class level(s) below			
<ul style="list-style-type: none"><li>● JI/SI</li></ul> <b>Minefield</b> <b>Understanding and appreciation of games</b> -- develop problem-solving and decision-making strategies -- talk about and develop movement skills relevant to games <b>Movement</b> -- develop good body tension and posture through gymnastic positions and movements	<ul style="list-style-type: none"><li>● 1st /2nd</li></ul> <b>Minefield</b> <b>Understanding and appreciation of games</b> -- develop an understanding of the use of space -- develop problem-solving and decision-making strategies <b>Movement</b> -- develop good body tension and posture through gymnastic positions and movements	<ul style="list-style-type: none"><li>● 3rd/4th</li></ul> <b>Minefield</b> <b>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 <b>Movement</b> -- develop good body tension and posture through gymnastic positions and movements	<ul style="list-style-type: none"><li>● 5th/6th</li></ul> <b>Minefield</b> <b>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 <b>Movement</b> -- improve quality in body performance, notably in extension, body tension and clarity of body shape
<b>Dish</b> <b>Understanding and appreciation of gymnastics</b> -- talk about movement and ask and answer questions about it <b>Movement</b> -- develop good body tension and posture through gymnastic positions and movements	<b>Dish</b> <b>Understanding and appreciation of gymnastics</b> -- observe and describe movement and ask and answer questions about it <b>Movement</b> -- develop good body tension and posture through gymnastic positions and movements	<b>Dish</b> <b>Understanding and appreciation of gymnastics</b> -- observe and describe movement and ask and answer questions about it <b>Movement</b> -- develop good body tension and posture through gymnastic positions and movements	<b>Dish</b> <b>Understanding and appreciation of gymnastics</b> -- observe, describe and ask and answer questions about movement <b>- Movement</b> -- improve quality in body performance, notably in extension, body tension and clarity of body shape
<b>Hungry Hippo Sliders</b> <b>Understanding and appreciation of games</b> -- talk about and	<b>Hungry Hippo Sliders</b> <b>Understanding and appreciation of games</b>	<b>Hungry Hippo Sliders</b> <b>Understanding and</b>	<b>Hungry Hippo Sliders</b> <b>Understanding and appreciation of games</b>

develop movement skills relevant to games <b>Creating and playing games</b> -- play simple playground games	-- discuss and develop control in movement skills relevant to games <b>Creating and playing games</b> -- play playground games	<b>appreciation of games</b> -- discuss and improve control in movement skills relevant to games <b>Creating and playing games</b> -- play playground games	-- discuss and improve control in movement skills relevant to games <b>Creating and playing games</b> -- play playground games
<p><b><u>Content/ Activities:</u></b></p> <p><b><u>Warmup:</u></b></p> <p>Minefield Game</p> <ul style="list-style-type: none"> <li>● Cover area in a range of safe objects to create a ‘minefield’</li> <li>● Group is divided into 2 teams.</li> <li>● One student from each team starts at one end of the minefield. This player is blindfolded.</li> <li>● All other members of the team wait at the other end of the minefield. They navigate for their teammate to hear.</li> <li>● Functional movement exercises are performed by the entire team every time the blindfolded player bumps into any of the obstacles. E.g. squats, lunges, sumo lunges, crossover lunges, dish, superheroes etc.</li> <li>● First team to guide their player across wins.</li> <li>● All players take turns to be the blindfolded players</li> </ul> <p><b><u>Exercise:</u></b></p> <p>Dish</p> <ul style="list-style-type: none"> <li>● Children lie on their backs with straight arms and legs, then lift arms and legs at the same time to create the dish shape</li> </ul> <p><b><u>Game:</u></b></p> <p>Hungry Hippo Sliders</p> <ul style="list-style-type: none"> <li>● Group is divided into teams. Each team has a designated hoop in the middle of the room, filled with balls</li> <li>● Team members take it in turns to bear crawl to their hoop and hold the ball while in the ‘superhero’ position.</li> <li>● Two other team members take their legs and drag them back to the team.</li> <li>● The next team member goes. This continues until the first team retrieves all their balls from their hoop</li> </ul>			
<p><b><u>Methodologies:</u></b></p> <p>Use of ICT Cooperative games Learning Through Play Exploration of Movement</p> <p>Problem Solving Active Learning</p>		<p><b><u>Assessment:</u></b></p> <p>Teacher Observation &amp; Questioning Peer/ Self Assessment Talk and Discussion</p>	
<p><b><u>Differentiation:</u></b></p> <p>By task By support and explanation By pace</p>	<p><b><u>Integration:</u></b></p> <p>S.P.H.E: Turn taking, Listening, Following instruction, working with others, communication Literacy Gaeilge</p>	<p><b><u>Resources:</u></b></p> <p>FitCrew ICT Mats/ hula hoops/ benches/ balls/ blindfolds</p>	