



Lesson 19 : Superhero - Gauntlet

<p><u>Strand(s):</u> Athletics</p> <p>Gymnastics</p> <p>Games</p>	<p><u>Strand Units</u> Understanding and appreciation for athletics Jumping Running</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>● JI/SI</p> <p>Random Movement Understanding and appreciation of athletics -- talk about movement and ask and answer questions about it</p> <p>Jumping -- experiment with various ways of jumping etc.</p> <p>Running -- walk or jog in a non-competitive setting for periods extending from 30 seconds to 90 seconds</p> <p>Superhero Understanding and appreciation of gymnastics -- talk about movement and ask and answer questions about it</p> <p>Movement -- develop good body tension and posture through gymnastic</p>	<p>● 1st /2nd</p> <p>Random Movement Understanding and appreciation of athletics -- describe and discuss movement and ask and answer questions about it</p> <p>Jumping -- explore the various ways of jumping etc.</p> <p>Running -- walk or jog in a non-competitive setting for periods extending from 30 seconds to two minutes</p> <p>Superhero 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</p>	<p>● 3rd/4th</p> <p>Random Movement Understanding and appreciation of athletics -- describe and discuss movement and ask and answer questions about it</p> <p>Jumping -- explore the various ways of jumping etc -- explore skipping activities individually and as part of a group, without a rope</p> <p>Running -- walk, jog or run in a non-competitive setting for periods extending from 30 seconds to 3 minutes</p> <p>Superhero 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>● 5th/6th</p> <p>Random Movement Understanding and appreciation of athletics -- describe and discuss movement and ask and answer questions about it</p> <p>- Jumping -- explore the various ways of jumping etc -- explore skipping activities individually and as part of a group, without a rope</p> <p>- Running -- jog or run in a non-competitive setting for periods extending from 30 seconds to 5 minutes</p> <p>Superhero 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>positions and movements</p> <p>Gauntlet Understanding and appreciation of games</p> <ul style="list-style-type: none"> -- apply simple rules to games -- talk about and develop movement skills relevant to games 	<p>movements</p> <p>Gauntlet Understanding and appreciation of games</p> <ul style="list-style-type: none"> -- 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 	<p>Gauntlet Understanding and appreciation of games</p> <ul style="list-style-type: none"> -- 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 	<p>Gauntlet Understanding and appreciation of games</p> <ul style="list-style-type: none"> -- develop an understanding of the tactics and strategies for use in mini-games -- develop an understanding of the use of space in mini-games -- discuss and improve control in movement skills relevant to 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>Superhero</p> <ul style="list-style-type: none"> ● Children lie on their stomachs, lifting straight arms and legs, pushing stomachs into the ground to create the superhero shape <p><u>Game:</u></p> <p>Gauntlet</p> <ul style="list-style-type: none"> ● Set two lines of players opposite each other in a long line down your hall/playing area. Players can be sitting or kneeling. ● Give the players as many balls as you have available ● Players then take it in turns to run down the middle of the two lines while players roll/throw the balls at them in an attempt hit them (No crazy/dangerous throws) ● Vary the movements, running, hopping ,bear crawl etc. 			
<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</p>	