



Lesson 20 : Dish-Hungry Hippo Sliders

<p><u>Strand(s):</u> Athletics</p> <p>Gymnastics</p> <p>Games</p>	<p><u>Strand Units</u> Understanding and appreciation for athletics Jumping</p> <p>Understanding and appreciation of gymnastics Movement</p> <p>Understanding and appreciation of games Creating and playing games</p>		
<p>Curriculum Objectives: Indicate relevant class level(s) below</p>			
<ul style="list-style-type: none"> ● JI/SI <p>Tabata Workout Understanding and appreciation of athletics -- talk about movement and ask and answer questions about it</p> <p>Jumping -- experiment with various ways of jumping</p> <p>Dish 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 positions and movements</p> <p>Hungry Hippo Sliders Understanding and appreciation of games -- talk about and develop movement</p>	<ul style="list-style-type: none"> ● 1st /2nd <p>Tabata Workout 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</p> <p>Dish 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>Hungry Hippo Sliders Understanding and appreciation of games -- discuss and develop</p>	<ul style="list-style-type: none"> ● 3rd/4th <p>Tabata Workout 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, to include taking off from one foot or two feet and landing on two feet</p> <p>Dish 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>Hungry Hippo Sliders Understanding and appreciation of games -- discuss and improve control in movement skills</p>	<ul style="list-style-type: none"> ● 5th/6th <p>Tabata Workout 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, to include taking off from one foot and landing on two feet</p> <p>Dish 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>Hungry Hippo Sliders Understanding and appreciation of games -- discuss and improve</p>

skills relevant to games Creating and playing games -- play simple playground games	control in movement skills relevant to games Creating and playing games -- play playground games	relevant to games Creating and playing games -- play playground games	control in movement skills relevant to games Creating and playing games -- play playground games
<p><u>Content/ Activities:</u></p> <p><u>Warmup:</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> 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> 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> Use of ICT Problem Solving Cooperative games Active Learning Learning Through Play Exploration of Movement</p>		<p><u>Assessment:</u> Teacher Observation & Questioning Peer/ Self Assessment 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 Literacy Gaeilge</p>	<p><u>Resources:</u> FitCrew ICT Music/ Speaker Balls/ Hula hoops</p>	