



Lesson 20: Superhero - 4 Corners

<p><u>Strand(s):</u> Gymnastics</p> <p>Games</p>	<p><u>Strand Units</u> Understanding and appreciation of gymnastics Movement</p> <p>Understanding and appreciation of games Sending, receiving, travelling</p>		
<p>Curriculum Objectives: Indicate relevant class level(s) below</p>			
<p style="text-align: center;">● JI/SI</p> <p>Minefield Understanding and appreciation of games -- develop problem-solving and decision-making strategies -- talk about and develop movement skills relevant to games Movement -- develop good body tension and posture through gymnastic positions and movements</p> <p>Superhero 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</p> <p>Four Corners</p>	<p style="text-align: center;">● 1st /2nd</p> <p>Minefield Understanding and appreciation of games -- develop an understanding of the use of space -- develop problem-solving and decision-making strategies Movement -- develop good body tension and posture through gymnastic positions and movements</p> <p>Superhero 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</p> <p>Four Corners Passing Understanding and appreciation of games</p>	<p style="text-align: center;">● 3rd/4th</p> <p>Minefield Understanding and appreciation of games -- 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 Movement -- develop good body tension and posture through gymnastic positions and movements</p> <p>Superhero 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</p> <p>Four Corners Passing Understanding and appreciation of games -- develop an increased</p>	<p style="text-align: center;">● 5th/6th</p> <p>Minefield Understanding and appreciation of games -- develop an understanding of the tactics and strategies for use in mini-games -- develop an understanding of the use of space in mini-games Movement -- improve quality in body performance, notably in extension, body tension and clarity of body shape</p> <p>Superhero Understanding and appreciation of gymnastics -- observe, describe and ask and answer questions about movement - Movement -- improve quality in body performance, notably in extension, body tension and clarity of body shape</p> <p>Four Corners Passing Understanding and appreciation of games</p>

<p>Passing Understanding and appreciation of games -- talk about and develop movement skills relevant to games Sending, receiving and travelling -- develop and practise a range of ball-handling skills</p>	<p>-- develop an understanding of the use of space -- discuss and develop control in movement skills relevant to games Sending, receiving and travelling -- develop and practise ball-handling skills -- practise skills previously experienced</p>	<p>understanding of use of space -- discuss and improve control in movement skills relevant to games - Sending, receiving and travelling -- develop and practise a range of ball-handling skills -- practise skills previously experienced</p>	<p>-- develop an understanding of the use of space in mini-games -- discuss and improve control in movement skills relevant to games Sending, receiving and travelling -- develop further and extend ball-handling skills -- practise skills previously experienced</p>
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Content/ Activities:

Warmup:

Minefield Game

- Cover area in a range of safe objects to create a ‘minefield’
- Group is divided into 2 teams.
- One student from each team starts at one end of the minefield. This player is blindfolded.
- All other members of the team wait at the other end of the minefield. They navigate for their teammate to hear.
- 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.
- First team to guide their player across wins.
- All players take turns to be the blindfolded players

Exercise:

Superhero

- Children lie on their stomachs, lifting straight arms and legs, pushing stomachs into the ground to create the superhero shape

Game:

Four Corners Passing

- 4 children per group, 1 child in each corner of the given section, 1 ball per group
- To begin: Children pass from one to another in one direction
- After 1 minute: Children step back to increase throwing distance
- After another minute: Children pass and run in the opposite direction until they return to their place, while the game continues.
- Different sized/types of balls can be used
- Add functional movement, complete 5 squats every time someone drops the ball, complete 6 lunges every 90 secs etc.

Methodologies:

Use of ICT Problem
Solving
Cooperative games Active Learning
Learning Through Play
Exploration of Movement

Assessment:

Teacher Observation & Questioning
Peer/ Self Assessment
Talk and Discussion

<u>Differentiation:</u> By task By support and explanation By pace	<u>Integration:</u> S.P.H.E: Turn taking, Listening, Following instruction, working with others, communication Literacy Gaeilge	<u>Resources:</u> FitCrew ICT Mats/ hula hoops/ benches/ balls/ blindfolds Cones
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