



Lesson 21 : Bear Squat - Cops and Robbers

<p><u>Strand(s):</u> Athletics</p> <p>Gymnastics</p> <p>Games</p>		<p><u>Strand Units</u> 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>No hands relay Understanding and appreciation of games -- talk about and develop movement skills relevant to games</p> <p>Running -- participate in team relays, in small groups, using various means of travelling</p> <p>Bear Hug/Front Squat Movement -- develop good body tension and posture through gymnastic positions and movements</p> <p>Understanding and appreciation of gymnastics -- talk about movement and ask and answer questions about it</p> <p>Cops and Robbers Understanding and appreciation of</p>	<p>● 1st /2nd</p> <p>No hands relay Understanding and appreciation of games -- discuss and develop control in movement skills relevant to games</p> <p>Running -- participate in team relays or shuttle relays in small groups, using various means of travelling</p> <p>Bear Hug/Front Squat 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>-- develop an understanding of pace</p> <p>Cops and Robbers Understanding and</p>	<p>● 3rd/4th</p> <p>No hands relay Understanding and appreciation of games -- discuss and improve control in movement skills relevant to games</p> <p>Running -- participate in team relays or shuttle relays in small groups, using various means of travelling</p> <p>Bear Hug/Front Squat 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>Understanding and appreciation of athletics -- develop an understanding of pace</p> <p>Cops and Robbers Understanding and appreciation of games -- develop problem-solving and decision-making</p>	<p>● 5th/6th</p> <p>No hands relay Understanding and appreciation of games -- discuss and improve control in movement skills relevant to games</p> <p>Running -- participate in team relays in small groups</p> <p>Bear Hug/Front Squat 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>Understanding and appreciation of athletics -- describe and discuss movement and ask and answer questions about it</p> <p>Cops and Robbers</p>

<p>games -- apply simple rules to games -- develop problem-solving and decision-making strategies</p>	<p>appreciation of games -- develop an understanding of the use of space -- develop problem-solving and decision-making strategies</p>	<p>strategies, and an understanding of the tactics and strategies for use in modified games situations -- develop an increased understanding of use of space</p>	<p>Understanding and appreciation of games -- develop an understanding of the use of space in mini-games -- develop an understanding of the tactics and strategies for use in mini-games</p>
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Content/ Activities:

Warmup:

No Hands Relay Race

- Divide the class into teams. Set up a start and finish line. Allocate each team a mat.
- One by one, each team member must run to the mat, lie down on their back, and stand back up without using their hands, before running back to their team
- First team to have all team members complete the challenge and return to their team, wins.

Exercise:

Bear Hug/ Front Squat

- Teacher to explain and demonstrate the squat with the aid of FitCrew Video
- Correct positioning and posture to be emphasised
- Class complete the exercise themselves

Game:

Cops and Robbers

- Hula hoops, filled with bean bags (or balls etc.), are placed around the perimeter of the playing area. Inside these, mark an area for the robbers den.
- Class divided into 2 group, majority robbers and four/five cops
- The aim of the game is for the robbers to sneak out of their den, retrieve the items from the hula hoops and bring them back to their den. Cops attempt to catch robbers.
- Robbers are safe when in their den, or inside a hoop (1 robber per hoop)
- When caught, robbers must freeze.
- Robbers can be saved by another robber bringing them back to their den.

Methodologies:

Use of ICT
Cooperative games
Active Learning
Learning Through Play
Exploration of Movement
Collaborative Learning

Assessment:

Teacher Observation
Peer/ Self Assessment
Questioning
Talk and Discussion

Differentiation:

By task
By support and explanation
By pace

Integration:

S.P.H.E: Turn taking,
Listening, Following
instruction, working with
others, communication
Literacy
Gaeilge

Resources:

FitCrew
ICT
Bean bags
Hula Hoops
Mats

