



Lesson 22 : Bear Squat - Tails

<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 Creating and Playing Games</p>	
<p>Curriculum Objectives: Indicate relevant class level(s) below</p>			
<ul style="list-style-type: none"> ● JI/SI <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>	<ul style="list-style-type: none"> ● 1st /2nd <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>Tails Understanding and appreciation of games -- develop an</p>	<ul style="list-style-type: none"> ● 3rd/4th <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>Tails Understanding and appreciation of games -- adapt rules to modify</p>	<ul style="list-style-type: none"> ● 5th/6th <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>Tails Understanding and appreciation of games -- apply simple rules to games Creating and playing games -- play simple playground games</p>	<p>understanding of the use of space -- apply simple rules to small-sided games -- discuss and develop control in movement skills relevant to games - Creating and playing games -- play playground games</p>	<p>games and keep scores -- develop an increased understanding of use of space -- discuss and improve control in movement skills relevant to games Creating and playing games -- play playground games</p>	<p>Tails Understanding and appreciation of games -- develop an understanding of the use of space in mini-games -- discuss and improve control in movement skills relevant to games Creating and playing games -- play playground games</p>
<p><u>Content/ Activities:</u> <u>Warmup:</u> No Hands Relay Race</p> <ul style="list-style-type: none"> ● 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. <p><u>Exercise:</u> Bear Hug/ Front Squat</p> <ul style="list-style-type: none"> ● 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 <p><u>Game:</u> Tails</p> <ul style="list-style-type: none"> ● One tagger nominated (wears a bib) ● Players hang a bib from the back of their shorts/ trousers ● Tagger must pull the bibs from the players. Once a player loses their bib, they enter a designated area to complete a give functional exercise 			
<p><u>Methodologies:</u> Use of ICT Cooperative games Active Learning Learning Through Play Exploration of Movement Collaborative Learning</p>		<p><u>Assessment:</u> Teacher Observation Peer/ Self Assessment Questioning 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 Bibs</p>	