



Lesson 22 : Sumo Bend Sticky Witches

<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 Creating and playing games</p>		
<p>Curriculum Objectives: Indicate relevant class level(s) below</p>			
<ul style="list-style-type: none"> • JI/SI <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>Sumo Lifts 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>	<ul style="list-style-type: none"> • 1st /2nd <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>Sumo Lifts 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</p>	<ul style="list-style-type: none"> • 3rd/4th <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>Sumo Lifts Understanding and appreciation of gymnastics -- observe and describe</p>	<ul style="list-style-type: none"> • 5th/6th <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>Sumo Lifts Understanding and appreciation of gymnastics -- observe, describe and ask and answer</p>

<p>positions and movements -- develop the basic movement actions of transferring weight, balancing, swinging, twisting and turning using a variety of body parts while exploring space etc.</p> <p>Sticky Witches Understanding and appreciation of games -- apply simple rules to games -- talk about and develop movement skills relevant to games</p> <p>Creating and playing games -- play simple playground games</p>	<p>positions and movements -- develop the basic movement actions of balancing, rolling, turning, twisting, stretching, climbing and transferring weight using a variety of body parts while exploring space</p> <p>Sticky Witches Understanding and appreciation of games -- develop an understanding of the use of space -- discuss and develop control in movement skills relevant to games</p> <p>Creating and playing games -- play playground games</p>	<p>movement and ask and answer questions about it</p> <p>Movement -- develop good body tension and posture through gymnastic positions and movements</p> <p>Sticky Witches Understanding and appreciation of games -- discuss and improve control in movement skills relevant to games -- develop an increased understanding of use of space</p> <p>Creating and playing games -- play playground games</p>	<p>questions about movement</p> <p>Movement -- improve quality in body performance, notably in extension, body tension and clarity of body shape</p> <p>Sticky Witches 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</p> <p>Creating and playing games -- play playground games</p>
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Content/ Activities:

Warmup:

Random Movement

- Students move freely within the designated area.
- Students complete different exercises as the teacher calls them out
 - Running, bear crawls, hopping, skipping, crab walks etc

Exercise:

Sumo Lifts

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

Game:

Sticky witches

- Designate one tagger
- Children move around the room, once tagged, children must stand with their feet stuck to the floor.
- From this stuck position, children can tag others by reaching out around them
- Last player free, wins

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

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
Balls