



Lesson 23 : Dish-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 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>			
<p>• JI/SI</p> <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>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</p>	<p>• 1st /2nd</p> <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>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</p>	<p>• 3rd/4th</p> <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>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</p>	<p>• 5th/6th</p> <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>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</p>

<p>positions and movements</p> <p>Hungry Hippo Sliders Understanding and appreciation of games -- talk about and develop movement skills relevant to games Creating and playing games -- play simple playground games</p>	<p>through gymnastic positions and movements</p> <p>Hungry Hippo Sliders Understanding and appreciation of games -- discuss and develop control in movement skills relevant to games Creating and playing games -- play playground games</p>	<p>through gymnastic positions and movements</p> <p>Hungry Hippo Sliders Understanding and appreciation of games -- discuss and improve control in movement skills relevant to games Creating and playing games -- play playground games</p>	<p>tension and clarity of body shape</p> <p>Hungry Hippo Sliders Understanding and appreciation of 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> Random Movement</p> <ul style="list-style-type: none"> • Students move freely within the designated area. • Students complete different exercises as the teacher calls them out <ul style="list-style-type: none"> - Jump squats, Bear 2 crabs, Bird dogs <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 Hula Hoops</p>	