



Lesson 24: Superhero - Hop Paper Scissors

<p><u>Strand(s):</u> Gymnastics</p> <p>Athletics</p> <p>Games</p>	<p><u>Strand Units</u> Movement Understanding and appreciation of gymnastics</p> <p>Understanding and appreciation of athletics Jumping</p> <p>Understanding and appreciation of games Creating and Playing Games</p>		
<p>Curriculum Objectives - Indicate relevant class level(s) below</p>			
<p>• <u>JI/SI</u> Tabata Workout Understanding and appreciation of athletics -- talk about movement and ask and answer questions about it Jumping -- experiment with various ways of jumping</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 move Hop/ Paper/</p>	<p>• <u>1st/2nd</u> Tabata Workout Understanding and appreciation of athletics -- describe and discuss movement and ask and answer questions about it Jumping -- explore the various ways of jumping</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 Hop/ Paper/ Scissors Understanding and</p>	<p>• <u>3rd/4th</u> Tabata Workout Understanding and appreciation of athletics -- describe and discuss movement and ask and answer questions about it Jumping -- explore the various ways of jumping, to include taking off from one foot or two feet and landing on two feet</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 Hop/ Paper/ Scissors Understanding and appreciation of games</p>	<p>• <u>5th/6th</u> Tabata Workout Understanding and appreciation of athletics -- describe and discuss movement and ask and answer questions about it Jumping -- explore the various ways of jumping, to include taking off from one foot and landing on two feet</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 Hop/ Paper/ Scissors Understanding and appreciation of games -- develop an understanding of the tactics and strategies for use</p>

<p>Scissors Understanding and appreciation of games -- develop problem-solving and decision-making strategies - Creating and playing games -- play simple playground games</p>	<p>appreciation of games -- develop problem-solving and decision-making strategies Creating and playing games -- play playground games -- play small-sided (mini) versions of games</p>	<p>-- develop problem-solving and decision-making strategies, and an understanding of the tactics and strategies for use in modified games situations Creating and playing games -- play playground games -- play small-sided (mini) versions of games</p>	<p>in mini-games Creating and playing games -- play small-sided (mini) versions of games -- play playground games</p>
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Content/ Activities:

Warm Up:

Tabata

- Complete 8 rounds of 20 seconds work followed by ten seconds rest, alternating between Mountain Climbers and Jumping Jacks every round

Exercise

Superhero

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

Game:

Hop Paper Scissors:

- Class divided into teams
- A line of hula hoops is placed on the ground, one team at each end. 1 player on each team starts. They hop towards each other.
- When players meet in the middle, they stop and play Rock/Paper/Scissors. The winner continues hopping.
- The loser must step off the course, complete 5 ‘dish to superhero’ movements, then return to the back of their line and wait for their next go. The next player starts
- Teams receive 1 point for every team member that reaches their opponents side.

Methodologies:

Use of ICT
Cooperative games
Problem Solving
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

Resources:

FitCrew
ICT
Hula hoops
Music/Speaker

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