

**OBJECTIVES**

Children should learn:-

- to develop consistency in their actions.
- to choose appropriate equipment and technique.
- to understand the basic principles for warming-up.
- to understand why exercise is good for you.
- to evaluate their own and others work and suggest ways to improve it.

**UNIT FRAMEWORK**

- (a) Warming-up exercises and games.
- (b) Pulse-raising chasing and tag games to develop balance and spatial awareness.
- (c) Developing techniques of:-
  - Developing rhythm in running and over obstacles.
  - Throwing- "Pull" throw.
  - Sprinting style.
  - Jumping combinations
  - Relay take-over- "upsweep"
  - Estimating duration, distance and speed.
- (d) Working with a partner and small group to count, measure, time and give peer assessment.
- (e) Using a range of equipment and techniques when throwing; jumping with combination jumps for distance; experiencing a range of rhythms and speeds when running, and understanding when to apply them approximately.
- (f) Working co-operatively in teams to engage in challenges and competitive situations.

**EXPECTED LEARNING OUTCOMES**

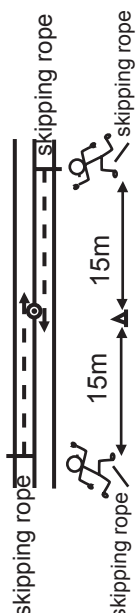
- Sustain their pace over longer distances and run more rhythmically.
- Throw over-arm with greater control.
- Perform a range of jumps showing control and consistency.
- Organise themselves in small groups safely.
- Know and understand the basic principles of relay take-over in particular the “upsweep” method and take part in relays.
- Understand and perform a range of warm-up activities.
- Say why some activities can improve, strength, stamina and suppleness.
- Watch a partner’s performance. Identify good points and suggest ways of improving.



**Warm-up** (Opening option - task from "Pulse-raising and Problem-solving" Year 5)

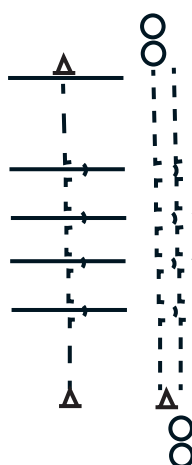
- (i) **ARCHES AND TUNNELS** Travel, jogging/side stepping/striding etc. When the teacher calls 'ARCHES' stop and **make an arch** with the nearest person (*hand to hand- stretched high*). On a signal, continue moving and when the teacher calls 'TUNNELS' stand **back-to-back** with the nearest person, legs wide astride and hands on knees (*continue for several minutes in any order.*)
- (ii) **DONKEY'S TAIL** (A tag game in a restricted area.) Each player has a band tucked into their waistband (*or tag belt.*) Children try to keep their own tails whilst collecting the tails of others. When you lose your own tail, bounce up and down on the spot. The winner is the last person to lose his/her tail (*don't let the game go on for too long- the winner could be the one who has collected the most tails without losing their own!*)

**Skill Development – DEVELOPING RHYTHM**



- (i) Can you walk about the space for 1.5 minutes without stopping? Keep an even, rhythmical pace.
- (ii) Try **jogging** for **20** paces and **walking** for **20** paces or jogging for **10** paces and walking for 10 paces. Choose which pattern you like, or make up your own pattern of jogging and walking.
- (iii) Use your chosen pattern to move about the space for 1.5 minutes.
- (iv) Now practise jogging and keeping to a rhythm. Jog without stopping for 1.5 minutes. (*The rhythm should help develop endurance.*) Which was the hardest to do? The pattern, or jogging. Why?
- (v) Stand in two's. Collect a skipping rope each and one cone to each pair. Place one skipping rope in a straight line on the ground as a start line, and the other one 30m further on as the finish line. Place the cone mid-way between the two.
- (vi) Stand behind a skipping rope, facing your partner, with the cone between you. **Aim to pass the cone on the left-hand side. Both start at the same time** and jog towards each other and the cone. Aim to pass your partner and the cone **at the same time.**
- (vii) If you find this easy, can you do the same task, but sprint and aim to pass each other and the cone at the same time?

**Challenge - RHYTHMICAL STEP-OVER**



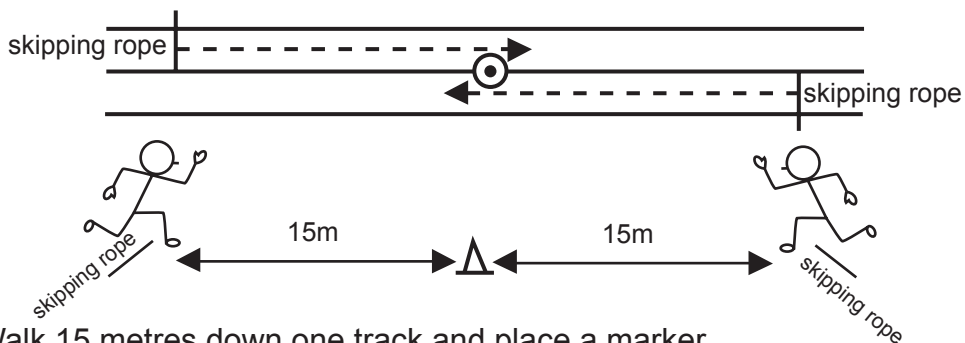
- (i) Two pairs join to create teams of **four**. Set your equipment out in this way... one cone is the start line. The first rope (*hurdle*) is laid out 10m from the start line and the remaining 3 at 5m intervals. The finish cone is 10m after the last rope. Run down the course stepping over the ropes as you go. Can you run so that you have the same number of steps between each 'hurdle'? The **same leg** must lead over each hurdle.
- (ii) Two stand behind each cone facing the **other** two. On 'Go' 'A' runs over the course and sets 'B' off touching **right hand to right hand**. This relay continues for a timed **1 minute**. Every time the **right hand connects** you score 1 point - how many points? Repeat and try to beat your own record.

**Cool-down** Put the equipment away. Practise the pattern of steps and jogs you worked out at to beginning of the lesson.

## DEVELOPING RHYTHM

**Equipment-** 1 cone and 2 skipping ropes.

(a) Place a cone on a track line between two lanes.



(b) Walk 15 metres down one track and place a marker.

(c) Do the same in the opposite direction.

(1) Partners start in their own lanes **facing each other** 30 metres away.

On a signal they **jog** in their own lanes (*or to the left of the cone*).

Can you and your partner pass the cone **at the same time**?

Repeat 5 times. Can you do the same task but **sprint** instead?

*(It may help you judge your acceleration/drive if you initially race side-by-side for 15 metres.)*

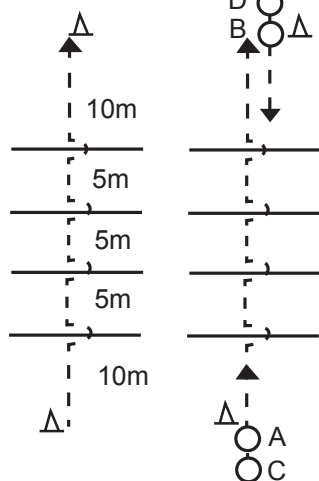
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## RHYTHMICAL STEP-OVER

• **Equipment-** 4 skipping ropes and 2 cones.

Set the course out:- 1 cone as the starting line.

1st skipping rope laid out 10m from the start and the remaining 3 skipping ropes at 5m intervals. The second cone is 10m away as the finish line.



(i) Practise running down the course stepping over the ropes with the **same leg leading** each time and the **same number of paces** between each cone. Practise until you can do it comfortably.

(ii) Two stand, one-behind the other facing the other line. On 'Go' 'A' runs over the course and tags his/her right hand to 'B's' right hand. 'B' runs the course, and so on.....

This relay continues for a timed **1 minute**, and every time right hand connect, you score one point - how many points in one minute?

**Repeat and try to beat your own record.**

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