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| <p>LEARNING OBJECTIVES</p> | <p>WARM UP Range of tempo and movement in space followed by dynamic stretches. Short game of choice.</p> | |
| <ol style="list-style-type: none"> 1. Be able to run, jump and throw using a variety of techniques; 2. Know and understand how altering the movement of any parts of the body during performance affects end results; 3. Become increasingly competent and confident, and access a broad range of activities to extend their agility, balance and coordination. | <p>MAIN ACTIVITY In small groups, investigate and compare the effectiveness of different styles of:</p> <ul style="list-style-type: none"> • Running (eg short steps, long strides, straight arms, bent arms and swinging arms) • Jumping (eg off 1 foot, off 2 feet) • Throwing (eg underarm, overarm, pushing, pulling, slinging). <p>Decide which styles you like best and see if you can go faster, higher or further.</p> <div data-bbox="801 472 1379 651" data-label="Image"> </div> <div data-bbox="801 687 904 767" data-label="Image"> </div> <p>1 Try running:</p> <ul style="list-style-type: none"> - short steps, long strides - straight arms, bent arms, swinging arms. <div data-bbox="801 890 904 970" data-label="Image"> </div> <p>2 Try jumping:</p> <ul style="list-style-type: none"> - from 1 foot - from 2 feet. <div data-bbox="801 1091 904 1171" data-label="Image"> </div> <p>3 Try throwing:</p> <ul style="list-style-type: none"> - underarm - overarm - pushing - pulling - slinging. | <p>EXTENSION Explore different ways of throwing equipment and measuring distances covered (eg by feet or body lengths).</p> <p>EASIER Mirror and match movements from a partner. Add small, attainable targets.</p> <p>HARDER Increase the performance distances. Introduce competition between pupils and award points for distances covered.</p> |
| <p>LEARNING CHALLENGE</p> | | |
| <ul style="list-style-type: none"> • I can run using short steps, long strides, straight arms, bent arms and swinging arms; • I can jump from 1 foot and from 2 feet; • I can throw underarm, overarm, pushing, pulling and slinging. | <p>Cool Down</p> | |