

**Curriculum Objectives****Venue****Equipment****Reference****Revision**

- This lesson is a revision of skills taught in the previous four lessons. All of the strand units are included.
- Hall/yard.
- Hoops, skipping ropes, beanbags, agility cones, canes and mats.
- Primary School Curriculum (1999) Physical Education, pages 16, 17.
- Teacher Guidelines, pages 51, 52.

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**ORGANISATION**

The children are divided into five groups. Each group assembles at an assigned station. Groups rotate from station to station during the **circuit** of activities.

To begin, demonstrate each activity to the children seated at each station.

The teacher is positioned at station four for the duration of the circuit.

Allow three or four minutes for each activity.

**Layout of Equipment**

**Station 1:** Cones are placed about half a metre apart.

**Station 2:** Two mats placed one overlapping the other. Draw a line to mark take off point. Place a beanbag at the end about one metre from the mat.

**Station 3:** A skipping rope is made available to each child.

**Station 4:** Hurdles (two cones with a cane resting on them) are laid on the ground. Hurdles should be 30 centimetres high. Place a beanbag at the end about one metre from the last hurdle.

**Station 5:** A line is drawn to denote the throwing point. Place cones to show distance thrown.

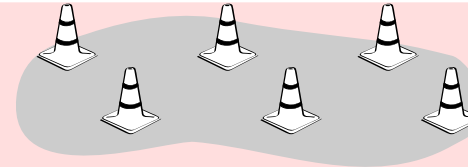
Tidy the equipment away.

**ACTIVITY**

**Warm up and stretching:** Visit your warm up bank.

**Station 1: Running: Zigzag around cones**

Each child zigzags round the cones up and back. The second child does not start until the first child touches him/her with their hand having completed the run.



**Station 2: Jumping**

**Standing jump:** The children line up at the side of the mat. In turn, they take off from two feet and land on two feet.

**Jump with approach:** The children line up behind the beanbag. They run three or four strides to the end of the mat. They take off on one foot and land on two.



**Station 3: Skipping**

Each child skips freely with a skipping rope.

**Station 4: Run over hurdles**

Run and jump over the hurdles. Run around the beanbag at the end and back along the side

**Station 5: Over-arm throw to beat the target.**

Coloured cones indicate target distances for throwing. Encourage the children to beat their own record. **For Lesson 6 the above activities can be repeated or substitutions made if required.**

**Cool down**

Visit your cool down bank.

**TEACHING POINTS**

- Encourage the children to experiment taking off from right and left leg to discover which they prefer.
- No child may start the activity until the previous child has left the mat.

- The children run freely over canes. Aim to build up a rhythm of striding over the canes, not jumping.

- Throw over-arm: the children try to beat the target on each successive throw.

## DEVELOPMENT

## ORGANISATION

Hoops are placed about half a metre apart. The children bounce from hoop to hoop.

## ACTIVITY

**Station 1**

- (a) Bounce from hoop to hoop.
- (b) Stand on one foot in the first hoop. Take off from this foot and land in the next on two feet. Continue until all hoops have been entered.

**Station 2**

Long jump

Run 3 or 4 strides and jump for distance. Take off on one leg and land on two feet.

**Station 3**

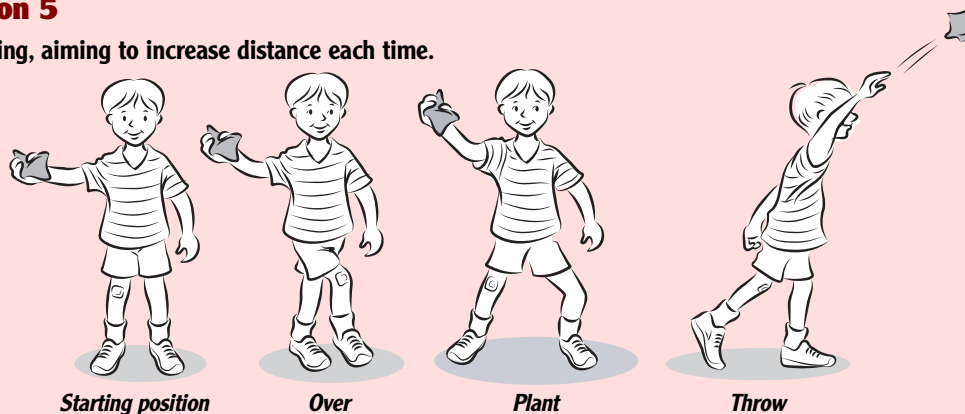
Skip freely with a skipping rope.

**Station 4**

Run over the hurdles.

**Station 5**

Throwing, aiming to increase distance each time.



## TEACHING POINTS

- Keep both feet together. Back straight, bent knees on landing.
- No child may start the activity until the previous child has left the mat.
- Sink hips and bend knees slightly on take-off. Bend knees on landing and keep feet together.
- The children run freely over hurdles. Build up a rhythm of striding not jumping.
- Over, plant and throw using the technique developed in first class.
  - Over:** bring right foot across body.
  - Plant:** step forward onto left foot.
  - Throw:** throw beanbag.