

Resources:

Tambourine, apparatus

Year 4

Objectives: I can

Use different types of balances using a combination of points of contact and patches of the body.

Lesson 2

Activities	Coaching Points
<p>Warm Up: Active - Travelling</p> <ul style="list-style-type: none"> Travelling on feet in and out of apparatus, jumping upon signal, change type of take offs and landing and hold on landing Continue to travel in and out of others on feet and apparatus, upon signal jump into air landing on two feet, hold one footed balance. 	<p>Ask children what happens when your body does exercise Increase heart rate and blood flow to muscles</p> <p>Landing Two foot landing Flex angles, feet and knees</p>
<p>Activity 1: Active – Exploring apparatus</p> <ul style="list-style-type: none"> Explore apparatus moving between, over, under, along and through the apparatus being aware of others. Whenever jumping and landing encourage pupils to land on two feet in a balanced way. 	<p>Travelling on apparatus Over, under, through, on, around</p>
<p>Activity 2: Active – Weight on points of contact</p> <ul style="list-style-type: none"> Whilst exploring using signal pupils hold a balance on several combinations of points. Recap/introduce coaching points for balances 	<p>Balance Base of support Tense muscles Extend none weight bearing limbs</p>
<p>Activity 3: Activity – Weight on patches of contact</p> <ul style="list-style-type: none"> Travelling on apparatus, upon signal perform a balance using a patch of body to take weight. 	<p>Balance Base of support Tense muscles Extend none weight bearing limbs</p>
<p>Activity 4: Sequencing on apparatus</p> <ul style="list-style-type: none"> Pupils compose a sequence of travel towards the apparatus, hold a balance on it and then travel away to continue the sequence. 	<p>Sequence Starting point Different types of travel Stable balance Finishing points</p>
<p>Cool Up: Calm – Bridge to patch</p> <ul style="list-style-type: none"> Travelling on apparatus upon signal pupils hold a balance on points of contact and then transfer to patches of contact. 	