

**Resources:**  
 Tambourine

Year 6

**Objectives:** I can  
 Create a linked sequence with a partner, matching their movements side by side that combines changes of speed, direction and pathway.

Lesson 5

Activities	Coaching Points
<p><b>Warm Up:</b> Active - Travelling</p> <ul style="list-style-type: none"> <li>Travelling around the space in different ways. Upon signal stop in a position so body is close to the floor.</li> <li>Travelling around the space and upon signal sink down slowly and smoothly into a sideways roll, stand up and continue.</li> <li>Travelling in a jog around the space, upon signal jump into a clear space, hold and continue.</li> </ul>	<p>Ask children what happens when your body does exercise            Increase heart rate and blood flow to muscles</p>
<p><b>Activity 1:</b> Active – Sequence, independently</p> <ul style="list-style-type: none"> <li>Independently make up a short sequence containing a run, jump (with shape in air) land and sink down into a roll or spin, then push up into a balance.</li> </ul>	<p><b>Sequence</b>            Starting point            Elements of travel, jump, turn and balance</p>
<p><b>Activity 2:</b> Active – Sequence, side by side</p> <ul style="list-style-type: none"> <li>Matching – working a pair, teach sequence to partner, perform side by side at exactly the same time, holding balance for three seconds.</li> <li>Repeat by teaching other partners sequence and perform.</li> </ul>	<p>Show changes in direction, level, speed and shape            Linking movements            Finishing points</p>
<p><b>Activity 3:</b> Active – Sequence, linking</p> <ul style="list-style-type: none"> <li>Link both sequences together one after the other performing the side by side to make one complete sequence.</li> </ul>	<p><b>Sequence</b>            Change of:            Speed            Direction            Pathway</p>
<p><b>Cool Up:</b> Calm – Matching side by side</p> <ul style="list-style-type: none"> <li>Working with partner practise moving very slowly from the lying on the floor to standing up stretched and tall. Can they match side by side exactly?</li> </ul>	