

Resources:

Tambourine, cones, spots

Objectives: I can

Use the general space safely without bumping into other.

Travel in different directions changing the way I travel include working at different levels.

Upper Foundation

Lesson 1

Activities	Coaching Points
<p>Warm Up: Active – Travelling in general space</p> <ul style="list-style-type: none"> Travelling lightly on feet, moving in and out of each other and using space. Upon signal STOP like a statue. If pupils bump into each other they have to freeze for a count of three. Travel lightly on balls of feet visit different part of the space Travelling lightly on feet using small steps. Travelling lightly on large, striding steps. 	<p>Ask children what happens when your body does exercise Increase heart rate and blood flow to muscles</p>
<p>Activity 1: Calm – Establishing directions in general space</p> <ul style="list-style-type: none"> Ask pupils to walking backwards slowly looking over shoulder so they don't bump into each other. (balls of feet) Change to walking sideways again looking in the direction of travel so they don't bump (step - - together, step - - together etc.) 	<p>Directions Forwards, backwards, sideways, diagonal</p>
<p>Activity 2: Active – travelling in different ways changing direction</p> <ul style="list-style-type: none"> Ask pupils to think of different ways of travelling about the space – hopping, skipping, bouncing, galloping etc. Using signal change types of travelling with a freeze command. Extend to changing direction in which travelling including forwards, backwards, sideways. Introduce Rainbow Game 	<p>Travelling in general space Spacing an directions Springy knees for take off Squashy knees for landing Rainbow Game Red – stop Green – forwards Yellow – backwards Blue – sideways</p>
<p>Activity 3: Active – Exploring travelling using different levels</p> <ul style="list-style-type: none"> Ask pupils if there are any other ways of travelling about the space using other parts of the body? Travel about the room using hands and feet in a monkey walk avoiding the spots. Upon signal pupils touch a spot with a different body part. 	<p>Monkey Walking Hands and feet Bottoms in the air Pushing on hands and feet Straight arms</p>
<p>Cool Up: Calm – Sliding</p> <ul style="list-style-type: none"> Ask pupils to slide on their bottoms about the space, upon signal change to slide on different parts of their bodies decrease the speed each time 	