

Resources:

Tambourine, apparatus

Year 5

Objectives: I can

Identify and show a range of bridge shapes with back, front, or side of the body using the apparatus for support, challenging myself to perform more difficult shapes.

Lesson 2

Activities	Coaching Points
<p>Warm Up: Active - Travelling</p> <ul style="list-style-type: none"> Travelling on feet, in and out of other and apparatus keep heads up avoiding contact. Upon signal stop. Travelling on feet, in and out of other and apparatus avoiding contact upon signal stop and run on the spot. Travelling without signal stop, run on the spot and then continue. Pupils make up a pattern of steps, stop, running on the spot and then continue. 	<p>Ask children what happens when your body does exercise Increase heart rate and blood flow to muscles</p>
<p>Activity 1: Active – Travelling under apparatus</p> <ul style="list-style-type: none"> Explore apparatus through travelling Whilst pupils are travelling encourage travel under the apparatus were possible 	<p>Travelling on apparatus Under, over, around, along & through</p>
<p>Activity 2: Active – Travelling and bridges with apparatus</p> <ul style="list-style-type: none"> Travelling in and out of apparatus, upon signal pupils perform a bridge by putting their hands or foot on the apparatus to make the bridge. 	<p>Bridge shape Base of support Tense muscles Extend none weight bearing limbs</p>
<p>Activity 3: Active – Travelling and holding bridge shapes</p> <ul style="list-style-type: none"> Travelling in between apparatus close to the floor when pupils come to a piece of apparatus make a bridge shape and hold it for five seconds then move on and repeat. 	
<p>Cool Up: Calm – Bridge shapes</p> <ul style="list-style-type: none"> Sliding about in between the apparatus on tummy, upon signal pupils push up into a bridge, slowly sink back down and repeat. 	<p>Balance Base of support Tense muscles Extend none weight bearing limbs</p>