

**Resources:**

Tambourine, apparatus

## Year 2

**Objectives:** I can

Show and use straight pathways to make different types of pathway on the floor and apparatus by the way I turn or spin.

Create a sequence using different ways of travelling into a zig-zag pathway with clear starting and finishing positions.

## Lesson 4

Activities	Coaching Points
<p><b>Warm Up:</b> Active - Travelling</p> <ul style="list-style-type: none"> <li>Travelling on feet, moving in and out of each other and apparatus using the space. Travel lightly on balls of feet. Upon signal children come to a dead stop.</li> <li>Extend to continue dodging in and out of others and the apparatus, lightly travelling on balls of feet, upon signal pupils jump and turn to face a different direction. Continue to include a spin.</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 – Travelling words</p> <ul style="list-style-type: none"> <li>Explore apparatus using travelling words</li> </ul>	<p><b>Travelling on apparatus</b>            Under, over, around, along &amp; through</p>
<p><b>Activity 2:</b> Active – Travelling using straight pathways</p> <ul style="list-style-type: none"> <li>Travelling towards, on and off a piece of apparatus using straight pathways.</li> <li>Travel in different ways using a straight pathway</li> </ul>	<p><b>Spinning</b>            Point of contact            Push off to create initial spin.            Focus on amount of spin required.</p>
<p><b>Activity 3:</b> Active – Travelling in a zig-zag pathway</p> <ul style="list-style-type: none"> <li>Ask pupils to use the apparatus and floor to travel in an angular or zig-zag pathway with a clear turn or spin to show their change of direction.</li> <li>Can pupils show different ways of travelling, different body parts leading, different levels and different speeds?</li> </ul>	<p><b>Turning</b>            One foot off            Flexible ankle, knee and hip.            Arms to get height            Movement of arms to help with rotation            Two footed landing</p>
<p><b>Activity 4:</b> Active – Sequence using zig-zag pathway with a turn and spin</p> <ul style="list-style-type: none"> <li>Ask pupils to use the apparatus to demonstrate a sequence of travel using three zig-zag pathways that include a turn and a spin.</li> <li>Remind pupils to show a good starting and finishing position.</li> <li>Use a star and a wish to demonstrate good practice. What should a good sequence include?</li> </ul>	<p><b>Sequencing</b>            Starting and finishing positions            Change of level, travel, speed</p>
<p><b>Cool Up:</b> Calm – Travelling, turning and spinning</p> <ul style="list-style-type: none"> <li>Ask pupils to decrease their speed whilst travelling on the apparatus. Upon the signal pupils either turn or spin to change direction.</li> </ul>	