

## Prior Learning

Explored a variety of rolling, sliding etc. Jumped using a variety of take-offs/landings, used hands and feet in different combinations. Participated in a variety of small group cooperative activities.

## Unit Focus

Change direction at speed through both choice and instructions. Perform actions demonstrating changes in speed. Stop, start, pause, prepare.

## We are learning...

1. to move in different directions.
2. to keep our bodies safe in running games.
3. to jump in different directions.
4. to stop safely.
5. to move at slow and fast speeds.
6. to stop safely in different ways.

## Key Questions

1. How can we show the same movements, fast and slow?
2. What different ways have you started and stopped?
3. How did you try to prevent the player in the middle from getting the ball?

## Equipment

Beanbags, mats, cones, quoits, hoops, box tops, balls, bibs, benches, apparatus, music player, music, percussion instruments.

## Vocabulary

Pause, prepare, freeze, high, low, switch, agility, music, beat.

## Concepts

In chasing games, children should be aware of the other children around them. When being chased, they should not run with their head turned, watching their chaser. They should still check where they are running. If they are getting closer to another child, they should slow down.

## Activity Example

Split the hall into quarters and split the children into each quarter. Children should move in a clockwise direction passing through the four quarters. Each quarter will require a different stopping action. When the teacher calls stop, the pupils stop in the designated manner for the quarter they are in. **Extension:** Move in different ways, run, sidestep, hop etc.

