

Prior Learning

Increased stamina and core strength. Worked collaboratively on more complex tasks. Worked to improve strength, balance, agility and coordination.

Unit Focus

Throw and handle a variety of objects. Develop power, agility, coordination and balance. Negotiate obstacles showing increased control.

We are learning...

1. to move quickly whilst being aware of others around.
2. to create power with our legs to turn at speed.
3. to move through an obstacle course with speed and control.
4. to choose the best throw for different situations.
5. to work with a partner and explore different jumps for distance.
6. To compete as part of a team to run, jump and throw.

Key Questions

1. Which type of throw helped you hit the target most often?
2. What part of our foot should hit the floor to create power in our run?
3. What is the best type of jump for distance?

Equipment

A variety of balls, hoops, bean bags, quoits, throw-down markers, foam javelins, balloons, stopwatches, measuring tape, skipping ropes, and low hurdles.

Vocabulary

Run, throw, handle, power, quick, burpee, obstacle, control, stamina, static, dynamic, collect.

Rules

On the teacher's command, the first player from each team jumps as far as possible. A teammate marks the back foot landing point with a cone. The teacher awards points based on distance jumped:

Furthest = 6 points, next = 5, then 4, 3, 2, 1 (adjust for number of teams).

Assessment Overview

Head - Make choices about appropriate throws for different activities.

Hand - Show increased control of body and limbs.

Heart - Work cooperatively to complete running, jumping and throwing tasks.

