

LESSON PLAN: **MULTI SKILLS:** YEAR 3: WEEK 1

LESSON OBJECTIVE: To become familiar with different movement patterns and techniques.

WARM UP (10 MINS)

Students move around in an area in the following ways which is directed by the teacher:

- Run forwards and backwards
- Fast feet run forwards and backwards
- Side Steps
- Skips
- Hops

MAIN LESSON (20 MINS)

Follow the Leader:

The person behind copies the way the leader moves:

- Running
- Skipping
- Sideways
- jumping

Trucks and Trailers:

In groups of 3, 1 person is the catcher, the other two stand one behind the other. The person at the back must move exactly as the front person while the catcher out the front has to tag the back person. Ensure students change jobs.

GAME/COMPETITION (15 MINS)

Students move around an area marked out by the teacher. Within that marked out area are a number of hoops. When the teacher calls a number, that amount of students need to sprint and stand in a hoop. The last person/group to get into a hoop with the correct amount of people is out. The teacher could add different ways to move.

EQUIPMENT

- Cones
- Hoops

KEYWORDS

- Arms
- Direction
- Eyes
- Concentration

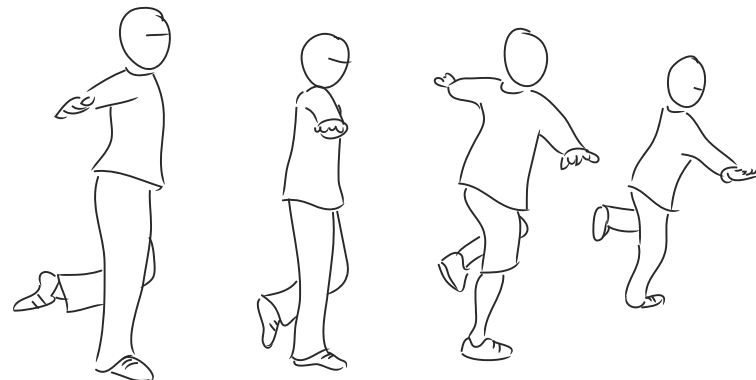
DIFFERENTIATION

LESS ABLE

- Compete with students of the same ability.

MORE ABLE

- Compete with students of the same ability.
- Add obstacles.
- Add more people when playing Trucks and Trailers.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they perform the skills to a high ability?
	4	Can they perform the skills with a certain degree of control?
	3	Can they perform some of the skills, but to a low ability?
Tactics, Rules & Teamwork	5	Works with their partner & demonstrates knowledge & understanding of the task.
	4	Can work with a partner & understands the directions.
	3	Starts communicating with a partner.
Show & Link	5	Can they link: the different movement patterns and techniques to a high ability?
	4	Can they show and link: some of the movement patterns and techniques with some degree of control?
	3	Can they show knowledge of the movement patterns and techniques, but are unable to perform them?
Describe Ways to Improve	5	Are able to describe and improve performance.
	4	Are able to describe performance.
	3	Are able to see differences in performance against a simple model.
Fitness & Health	5	Shows a solid understanding of why physical activity has health benefits.
	4	Has some knowledge of why physical activity has health benefits.
	3	Has little knowledge of why physical activity has health benefits.