

LESSON PLAN: **MULTI SKILLS:** YEAR 4: WEEK 5

LESSON OBJECTIVE: To understand how to link movement patterns and dodging.

WARM UP (10 MINS)

Children jog around the area and teacher calls out to do lots of different activities such as; jumping, skipping, hopping and side stepping.

MAIN LESSON (20 MINS)

Spot Race: Place different coloured spots on the floor around the room. The children must jog in and around each other. When the teacher calls out a colour, the children must get to that coloured spot and place their foot on it as quick as possible without touching another child. The teacher asks pupils to put up their hand if another pupil bumps into them. Those pupils will be out.

Develop: The teacher places the class into 4 teams starting in lines behind different coloured hoops. Lay down different coloured objects (balls, quoits, frisbees, cones, beanbags) around the room and the children have to take it in turns to run out pick up an object that matches their coloured hoop and bring it back. Only one object can be taken and only one person can leave their team at any one time.

GAME/COMPETITION (15 MINS)

Dodge ball: Split the class into two teams and separate them with a line of cones in the middle of a playing area. When the whistle goes, players run to the middle to collect the dodge balls and then start throwing them at the opposition. Players are out if they get hit directly by a dodge ball without it bouncing. However, if the opposition catches the dodge ball before it bounces, the thrower of the dodge ball is out. If a player tries to catch the ball and drops it, they are out also.

EQUIPMENT

- Cones
- Balls
- Quoits
- Bean bags
- Dodge balls

KEYWORDS

- Dodging
- Reaction
- Agility
- Head up
- Quick decision

DIFFERENTIATION

LESS ABLE

- Work with people of the same ability.
- Move objects closer.

MORE ABLE

- Compete against students of the same ability.
- Move objects further away.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform the dodging skills to a high ability?
	5	Can they perform the dodging skills with a certain degree of control?
	4	Can they perform dodging skills, but to a low ability?
Tactics, Rules & Teamwork	6	Works with their partner & demonstrates knowledge & understanding of the task.
	5	Can work with a partner & understands the directions.
	4	Starts communicating with a partner.
Show & Link	6	Can they link: the different movements to collect the objects and dodge balls with speed and precision?
	5	Can they show and link: the different movements to collect the objects and dodge balls?
	4	Show how to dodge a ball.
Describe Ways to Improve	6	Are able to describe and improve performance.
	5	Are able to describe performance.
	4	Are able to see differences in performance against a simple model.
Fitness & Health	6	Shows a solid understanding of why physical activity has health benefits.
	5	Has some knowledge of why physical activity has health benefits.
	4	Has little knowledge of why physical activity has health benefits.