

LESSON PLAN: **MULTI SKILLS:** YEAR 4: WEEK 6

LESSON OBJECTIVE: Combine skills learnt throughout the previous weeks.

WARM UP (10 MINS)

In groups of 4, ask pupils to lead their own warm up's using pulse raising activities such as skipping, hopping, side stepping, and jogging.

MAIN LESSON (20 MINS)

Split the class into groups and set up the following equipment for obstacles races: ladder, cones, bench, bean bag, spot and hoop.

The teacher gradually teaches the obstacle course in the following steps:

- Ask the children to travel through the ladder and back to their team.
- Then pupils are to travel through the ladders and then side step through the cones.
- Next step is to travel through the ladders, side step through the cones and balance across the upside down bench.
- Lastly they complete the course by throwing a bean bag into a target after completing the above.

The winning team is the team with the most bean bags in the hoop at the end.

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. The teacher can add different ways to start the game which include: laying on the floor, laying on their back, press up before running to the middle, 5 star jumps before running to the middle.

EQUIPMENT

- Cones
- Ladders
- Benches
- Bean bags
- Floor spots
- Hoops

KEYWORDS

- Agility
- Pumping arms
- High knees
- Balance
- Power

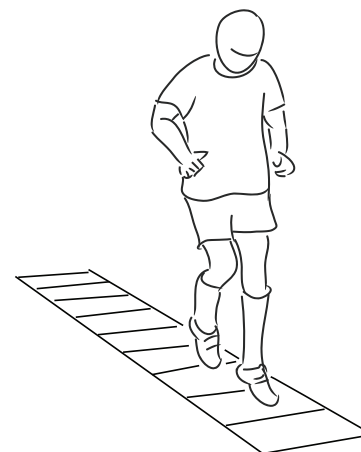
DIFFERENTIATION

LESS ABLE

- Equal ability teams.
- Use the bench the correct way up.

MORE ABLE

- Compete against students of the same ability.
- Add more obstacles.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform their movement, agility, balance and throwing skills to a high ability?
	5	Can they perform movement, agility, balance and throwing skills with a certain degree of control?
	4	Can they perform some of the movement, agility, balance and throwing 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 skills they have learnt over the term to with a competitive nature?
	5	Can they show and link: some of the skills they have learnt over the term to an average competitive nature?
	4	Can they show some of the skills they have learnt over the term with a teachers assistance?
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.