

Class:

Date:

Topic: Lesson 3 Balance and Linking Actions

What we are learning today (WALT):

Student Numbers: Male: _____ Female: _____ SEN: _____ G&T: _____

Times	Starter activities: “ Traffic lights ” - (Green - go fast, Amber - slow down, Red - Stop) “ Dotty Spot ” - (Follow instructions by coach, ie: stand in front, stand behind, one foot on the floor, one hand etc.) Learning activities: “ Lame dog ” - (On all fours, hands and knees, follow instructions ie: left arm, right arm, left leg, right leg etc. Hold each item up for 5 seconds) “ Buzz bridge ” - (Walk in pairs, one on all fours, hands and feet with hands in a hoop, other child pass the hoop along body to feet without touching the body) “ Step on, off, over ”- (Using a bench, children step on, off and over <u>carefully!</u>) “ High Jinx jump ” - (Using a bench, jump onto a mat- stretch, star, truck, quarter turn, half turn, full turn) “ Jump to the beat ” - (Using music, marching, jumping jacks with hands on hips, grapevine, kicker twister & rocker) Plenary activities: “ Sleeping Donkey ” - (Child on fours, hand and knees. Close eyes and wait)	Differentiation:
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Evaluation:

Resources Needed:

Mats x 3, hoops, spots, bench and music