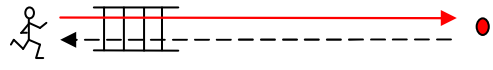
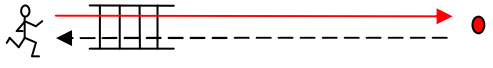
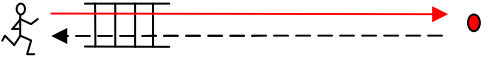
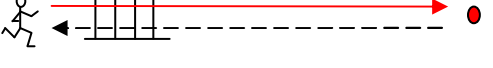
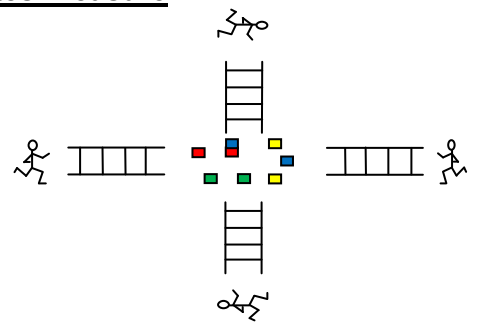


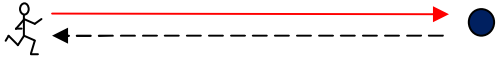
Key Stage 1-Multi-Skills

Lesson: 1/6:- Balance	Time: 45 - 60 mins
Main Learning Objectives: For the children to explore static balancing and understand the concept of bases.	
Resources: Spots, cd player, lively music, whiteboard (to write down letters and numbers if needed)	
Warm up [5 mins]	
Beans Call out different types of beans: jumping beans, children jump; runner beans - run; green beans - tall thin bodies; broad beans - still and wide; jelly beans - shake; baked beans - lay flat on the floor; French beans - children call out "Oh la la.	
Exploring Balance [10 mins]	
Exploring Bases Ask the children to lie on the floor on their backs with their hands by their sides. Explain that they have no chance of falling over they have a lot of their body on the floor. Ask the children to sit up. <i>Lightly</i> push a child to demonstrate that they have a smaller base and therefore less balance. Finally ask the children to stand up. Explain that even though people walk around on two legs we have a very small base and are not as balanced as animals that walk around on four legs. Ask the children to impersonate animals that walk with four legs.	
Balancing Games [30 mins]	
Balancing Statues <ul style="list-style-type: none">• Spread some throw down spots in the playing area. Make sure there are enough for each child.• Play some lively music (or on your whistle) children move around the spots using a range of fundamental movements (walk, jog, hop, side slide). When the music stops children, find a spots and perform a balance. Different balances to use: - stand on one leg; stand on one leg-write name with other foot, balance on bottom, and back.	
Body Points <ul style="list-style-type: none">• Ask the children to demonstrate balancing on different numbers of body parts. This may require some demonstration. Give the children numbers between 1- 4 and ask them to perform balances using that number of body parts. Pick particularly successful students to demonstrate.• Play some lively music (or on your signal) children move around like particular animals (let the children pick their favourites. When the music stops call out a number between 1 and 4. Children, find a spot and perform a balance.• <u>Extension</u>- Pick the same number and ask them to find different balances.	
Letters/Numbers <ul style="list-style-type: none">• Give the children a letter or number to make with their bodies. Some children may find this easier if you write the letter/number for them.• <u>Extension</u>- Children can make letters/numbers in pairs. In groups children can make words or 3-4 digit numbers	
Cool down [5 mins]	
Meditation: Ask the children to lie on their backs with their feet out straight and hands by their sides. Ask them to visualize that they are somewhere relaxing like a beach. Tell them to think about what they may hear and feel on the beach. Ask the children to control their breathing and try 5 slow breaths; in through their noses and out through their mouths. Tell the children to clench their toes. Count for 5 seconds and relax, repeat this twice. Repeat with fists and thighs. After 5 more deep breaths tell the children that when you touch them on the shoulder they can slowly get up, stretch as though they've just got out of bed them line up.	

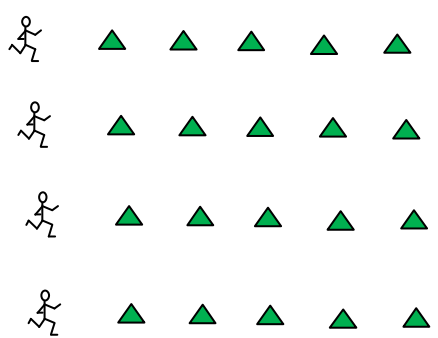
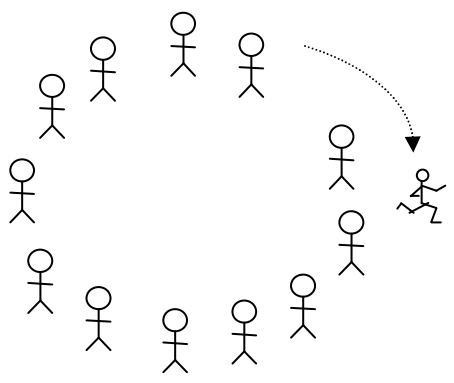
Key Stage 1-Multi-Skills

Lesson: 2/6- Co-ordination: Movement (Fast Feet)	Time: 45 - 60 mins
<p>Learning Objectives: To combine a number of co-ordination drills using upper and lower body movements</p> <p>Resources: Speed Ladders (or markers) , CD player lively music</p>	
Warm up [5 mins]	
<p>Body Spots Place spots around playing area. Play some lively music. Children jog, hop, and skip around the spots. When the music stops the teacher calls out a body part e.g. shoulders, knees, hands, feet, 2 hands etc. Children must make contact with that part of their body on the floor. Quickly call out lots of body parts in succession to make in fast and enjoyable at the end.</p>	
Ladder Drills [15-20 mins]	
<p>Ladder Activities: Split children up into 4 groups. Start with basic movements through the speed ladders.</p>	
	<p>Stand to one side of the ladder-Run through with one foot in each square and one foot out. Work on other side</p>
	<p>Run through the ladder one foot in each square-knees at 90° with arms to aid movement</p>
	<p>Run through the ladder 2 feet in each square (8 steps in all)</p>
	<p>Bunny hop through ladder</p>
<p>Ensure children run on the balls of their feet (quiet feet). Make sure children realise that the drills are not a race and if they knock the ladder or cone they need to slow down.</p>	
Co-ordination Games [25mins]	
<p>Pirates Treasure</p>	
	<p>One person at time performs a movement down the ladder (over the bridge). They collect one piece of their coloured treasure .e.g. a bean bag. Once they have returned to their group, the next person starts. Make sure they perform the drills correctly and do not rush. Extra treasure can be given to the team who have the best technique</p>
Cool down [5 mins]	
<p>Children move like different slow moving animals e.g. giraffes , elephants. When teacher calls out "Freeze" all children must remain still. Ensure movements are slow and big.</p>	

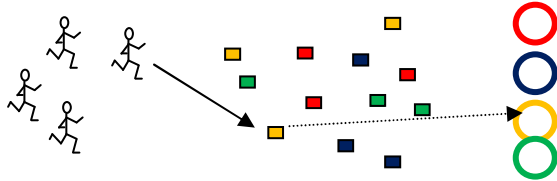
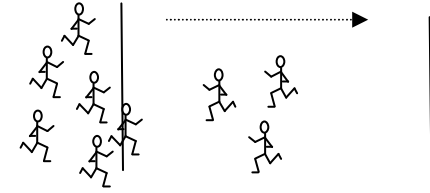
Key Stage 1-Multi-Skills

Lesson: 3/6- Co-ordination: Aiming and Timing (Hand/Eye)	Time: 45 - 60 mins
Main Learning Objectives: To aim accurately using a variety of balls and equipment. To time their running so as to stop/intercept the path of a ball.	
Resources: Balls (variety of sizes), bean bags, hula hoops. Markers, floor target (optional)	
Warm up [5 mins]	
DVD Player Children respond to the following commands: Play - walk around the hall. Fast Forward - run. Rewind - walk backwards. Pause - stand perfectly still. Stop-sit down as quick as you can. Eject - jump up and down, Slow motion-move very slowly with big movements	
Timing Drills [10 mins] Travelling	
Ball Rolling: In small groups children line up one behind the other. One the teachers command they roll a foam or other soft ball chase it and then stop it using it different ways suggested by you and the children (e.g.- with foot, sit on it, with head, run around it three time etc...) Ask the children to work in groups and come up with as many ways of stopping the ball as they can in 3 mins.	
	
Aiming and Timing Circuit [25 mins]	
Aiming and Timing Circuit: Split the children up into 5 different groups (or keep the same groups as above). Demonstrate, then rotate around the following activities : <ol style="list-style-type: none">1) Skittles- Set out 10 cones like in ten pin bowling with 10 small foam balls on top. Children take it in turns to aim a large ball at the cones to see how many they can knock off.2) Bean Bag in the hoop: Children throw a bean bag into one of three hoops set at varying distances apart.3) Children throw bean bags at a wall or floor target. If possible children to keep track of their scores4) Children roll a larger hula hoop, partner tries to walk through whilst it is moving5) Pairs 'of children stands one behind the other. The front person has his/her legs spread wider than shoulder width. The child behind rolls the ball through the legs of their partner who then chases it and stops it.	
Cool down [5 mins]	
DVD Game As warm up game but finish with large slow movements	

Key Stage 1-Multi-Skills

Lesson: 4/6 Agility- Movement	Time: 45 - 60 mins
Main Learning Objectives: To travel in different ways showing a clear transitions between moments	
Resources: Markers	
Warm up [5 mins]	
Car Game Children move around the area according to the gears of a car: 1 st Gear= Walk, 2 nd Gear = Jog, 3 rd Gear Run (on the spot if indoors). Hedgehog=curl up in a ball on the floor, Squashed Hedgehog= lie down flat on the floor with arms out stretched. Ask for more suggestions	
[10 mins]	
Agility Trails	
	In four groups the children perform movements through the cones. e.g. <ul style="list-style-type: none">• Zig zag• Jumping- 1 foot to 1 foot (hop), 1 foot to 2 foot (hop scotch), 2 foot to 2 foot (bunny hop)• Running –one foot in each step.
Circle Run	
	Gather the children in a circle. On your signal one child runs around the outside of the circle. When he or she returns to their place the next person goes. Keep going until every child has ran around circle on returned to their place. All sit down together when finished. Two circles could be used to develop race
Cool Down	
Car game- As warm up but finish with 1 st gear and big long strides	

Key Stage 1-Multi-Skills

Lesson: 5/6:- Agility- Changing Direction	Time: 45 - 60 mins
Main Learning Objectives: To travel in different directions (side to side, up and down) with control and fluency.	
Resources: Bean Bags, Hoops (1 green, 1 blue, 1 green, 1 red), Markers	
Warm up [5 mins]	
Circle Run- As last lesson but children march on the spot while waiting. Play lively music for the children to march along to.	
Agility Games [30-35 mins]	
Collect the Cones Spread as many cones/spots as the area will allow. On your signal children collect as many spots/cones as they can. Next specify a colour to see who can collect the most.	
Bean Bag Match 	Split the children up into four equal groups. On your signal the children collect the bean bags one at a time and place them the correct hoop. They all sit in a line once finished. Each group could be timed and they must beat their score on their next go.
Cat and Mouse Mark out area as below 	Give each child a band to tuck into their shorts as a tail. Pick two or three children to be in the middle. These are the cats. Children try to run from one line to the other without having their tail taken by the cats. If they have their tail taken they join the cats
Cool Down	
Cool Down Circle- Children form a circle- Stretch and shake different body parts starting at head and finishing with toes	

Key Stage 1-Multi-Skills

Lesson: 6/6- Agility, Balance, Co-ordination	Time: 45 - 60 mins
Main Learning Objectives: To practice ABCs in the form of circuit stations	
Resources: Bench, bean bags, hoops, long skipping rope, markers, large die, throw down spots	
Warm up [5 mins]	
Divide the class into 2 teams. Name one 'rabbits' and the other 'rats'. Teams stand back to back, about a metre apart. Call out 'rabbits' or 'rats' and those children must run off and the other team must try to catch them. When caught they must freeze. Braids are useful for one team for identification	
ABC Circuit [30-35 mins]	
Explain to the children that they are going to test all the skills that they have done in each lesson. Take children around each station explain which area of fitness it tests	
<ol style="list-style-type: none">1) Co-ordination- Aiming - Children try to throw a bean bag so it lands on a bench.2) Agility- Zig Zag runs through cones (as lesson 4)3) Balance- Children tight rope walk along large skipping without stepping on the floor-To extend, children to balance bean bag on head4) Co-ordination/Agility- Children throw large dice and move corresponding to the number: 1=Skip ,2= 1 foot to one foot (Hop), 3= 2 foot to one foot (hop scotch), 4= Jog with high knees, 5= Side Skip, 6= Choose animal5) Balance- Children stand on one foot on throw down spot, how long can they balance for?	
Cool down [5 mins]	
Meditation: Ask the children to lie on their backs with their feet out straight and hands by their sides. Ask them to visualize that they are somewhere relaxing like a beach. Tell them to think about what they may hear and feel on the beach. Ask the children to control their breathing and try 5 slow breaths; in through their noses and out through their mouths. Tell the children to clench their toes. Count for 5 seconds and relax, repeat this twice. Repeat with fists and thighs. After 5 more deep breaths tell the children that when you touch them on the shoulder they can slowly get up, stretch as though they've just got out of bed them line up.	

Key Stage 1-Multi-Skills