



Physical Education

SPEED AGILITY TRAVEL

YR

Unit Focus:

Change direction at speed through both choice and instructions. Perform actions demonstrating changes in speed. Stop, start, pause, prepare.

Prior Learning:

- Explored a variety of rolling, sliding etc. Jumped using a variety of take offs/landings, use hands and feet in different combinations.
- Participated in a variety of small group co-operative activities.

Concepts:

- In chasing games, children should be aware of the other children around them. When being chased, they should not run with their head turned watching their chaser. They should still check where they are running. If they are getting closer to another child, they should slow down.

Activity example:

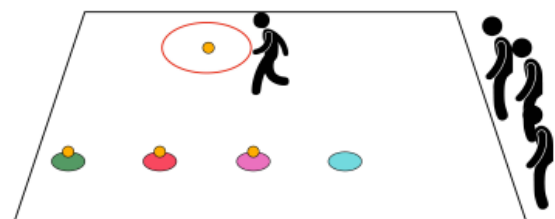
- Split the hall into quarters and split children into each.
- Children should move in a clockwise direction passing through the four quarters.
- Each quarter will require a different stopping action.
- When the teacher calls stop the pupils stop in the designated manner for the quarter, they are in.

Extension:

Move in different ways, run, sidestep, hop etc.

Key Vocabulary/Skills:

Demonstrate agility in a variety of games.	Pause, prepare, freeze, high, low, switch, agility, music, beat.
Recognise and follow instructions.	
Experimenting different starting and stopping positions.	
Perform fast and slow movements.	
Show control to stop and perform actions.	



Inspiring Individuals



Sir David Lee Pearson
(1974 - present)



Yane Marques
(1984 - present)

Equipment

Beanbags, mats, cones, quoits, hoops, box tops, balls, bibs, benches, apparatus, music player, music, percussion instruments.

Key Questions

1. How can we show the same movements fast and slow?
2. What different ways have you started and stopped in today's lesson?
3. How did you try to prevent the player in the middle from getting the ball?