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| **Lesson 1&2 objectives and “I can” statements:** | | **TBAT**   * **Move in a variety of ways** * **Listen to instructions** * **Improve my agility, balance and co-ordination** | **Resources:**  Pictures of astronaut equipment  Cones  Balls | |
| **Warm-up:**  **Putting on your astronaut suit** – ask what do astronauts wear? Helmet, special suit, boots, oxygen tank, booster pack, gloves. Children must move around the hall and when the coach shouts one of these items (or holds up a picture) children must put that item on using exaggerated movements – use the most enthusiastic children as demonstrators. Could do this in teams and the children have to run out and collect each item and perform various challenges in a relay format. | | | | |
| **Main Lesson- technique and skill development:**  **Visit the moon –** in the middle of the hall/playground set up a large white circle (the moon) the children must move around the moon in different ways **–** crawl, slide, hop, skip, jump etc. (see diagram) Children can work alone or in pairs taking it in turns.  **Explore outer space** – around the moon set up different colour areas (solar systems/galaxies) ask the children to fly to one of these colours and sit down. The coloured cone becomes their rocket ship. The coach says “red rockets 3,2,1 BLAST OFF and all the red rockets fly and visit 5 white cones on the moon landing their rocket at each one. Repeat this for blue and yellow rockets. **HARDER:** children balance rocket ship (cone) on their head and move around. **EVEN HARDER:** balance cone and a tennis ball on their head and move around.  **Alien invasion** – put the children into teams 7 or 8 teams of 4 and scatter out a variety of cones (aliens) children use a small hoola hoop as their space rocket and the run out to collect an alien and return it to their planet (larger hoop). The winning team is the team with the most aliens returned safely. HARDER: Give different coloured cones different amount of points red = 1 blue = 2 yellow = 3 (cross-curricular maths) | | | |  |
| **Notes** |  | | | |

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| **Lesson 3 & 4 objectives and “I can” statements:** | **TBAT**   * **Move in different ways** * **Work with a partner** * **Pass and move with a ball** | | | **Resources:**  Buried treasure items  Cones  Balls |
| **Warm-up:**  **Arrive on the island** – chn are teams of 4 they have two hoola-hoops and must get from the sea (blue cones) to the desert island (green cones) the children aren’t allowed to step out of the hoola-hoops. EASIER: in team of 4 the chn must get from the sea to the island across the spots – like stepping stones. When they arrive on the island they must visit 3 trees (green cones) then sit in a hoop. | | | | |
| **Main Lesson- technique and skill development:**  **Crossing the river –** set up a river down the middle of the hall/playground with trees (green cones) dotted on each side. Chn must cross the river in the least amount of steps, jumps, leaps and then touch 3 trees on each side of the river. Play for 2-3mins and challenge the chn – how many trees can you touch? How many different ways can you travel? **HARDER:** Put red cones in and explain these are volcanos – when the children get to a volcano they must bend down and jump up like an erupting volcano. **EVEN HARDER:** give children a ball they must bounce it or dribble with it perhaps working with a partner and doing some passing – introduce chest, bounce, shoulder pass.  **Buried treasure:** children must work in teams (4/5 in a team) to unearth the buried treasure. One at a time they must run out. They must find 10/12 items – before they start they must locate the treasure map – once they find this they can search for each item on the list. Scatter out cones and hide items underneath. Each item comes with a challenge e.g. “do 10 star jumps” | | |  | |
| **Teacher notes:** | |  | | |

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| **Lesson 5 & 6 objectives and “I can” statements:** | **TBAT**   * **Know names for my body parts** * **Practice Agility, balance and co-ordination** | | | **Resources:**  Body parts cards (HEAD, ARM, LEG)  Shuttlecocks  Cones |
| **Warm-up:**  **Head shoulders CONE** – each child has their own cone coach says a body part and children touch it. If he says “cone” the chn must pick the cone up and put it on their head.  HARDER – chn have a ball and cone and must first balance the cone then the ball/could play on the move. | | | | |
| **Main Lesson- technique and skill development:**  **Shuttle doctors** – chn work in pairs or small groups. Each team builds a stick man with cones and they must throw the shuttle to hit each body part and build the stick man in their hoop. Underneath each cone there is a card with the particular body part or muscle or bone name depending on the ability – perhaps bones and muscles for KS2.  **Acccchooooooo** – The children are doctors and work in teams to cure the illness sweeping across the school. Coach sneezes and throws lots of tennis balls, cones, shuttles etc chn must run out one at a time and collect the virus before it spread. Could link to The Plauge topic in KS2.  *Ask chn how can Mr Smith stop this flu/cold from spreading?* Use a tissue, wash hands etc. | | | Body  Leg  Arm  Head  This could be more advanced depending on ability or how much you want to teach. | |
| **Teacher notes:** | |  | | |