

Skill: Hopping & Jumping KC's - Thinking, Managing self, Participating and Contributing, Relating to others.	Lesson: 1	Learning Objective: Be able to perform a jump/hop safely in different directions with single/both feet.
Skill Criteria: Hop: 1. Take off on one foot 2. Land on same foot 3. Bend knee 4. Head up 5. Arms Out		Jump: 1. Take off on two feet 2. Land on two feet together 3. Bend knees 4. Head up 5. Arms Out
Activities:		Equipment:
Warm Up: Jumping Beans (5 mins) <ul style="list-style-type: none"> Children find a space in the area and respond to the calls Running bean: Run Jumping bean: jump with two feet Baked bean: Stretch out wide Jelly bean: crazy jelly wobble Broad bean: Balance on one leg French bean: Shout 'ooh la la' Progressions: Children make up different beans (coffee, chilli)		Cones to mark out space
EXPLORE: We'll save you Mr Fox (5/10 mins) <ul style="list-style-type: none"> Tell the children a story of how the Mr Fox lives across the river and we have to get to the otherside to find our dinner and there are many ways. Use skipping ropes to mark it out Ask the children different ways we could travel across the river. Try different jumps over the river landing with 2 feet, 2 foot, and jump off 1 or 2 feet. P: Make the river wider depending how successful 		Skipping ropes
GROW: Foxes Den (10mins) Continue story of how the fox and this time he has to find his dinner, <ul style="list-style-type: none"> Hula hoop in the centre and 4 teams behind cones in four corners. Place lots of different items in the middle of the hoop (balls, 2 chucks, bean bags, bean animals) One at a time, child from each team has to hop to the middle and get 1 item to bring back to their nest. Once everything is gone from the centre, the children have 1 minute (or less) to rob from other nests 1 at a time. 		Cones to mark out the space
GO4it: What's the Time Mr. Fox (10 mins) Continue story of now Mr Fox is hungry and wants to eat all of his dinner but can only eat at certain times: <ul style="list-style-type: none"> Mr. Wolf stands at one end with Ss at opposite end. Children ask 'What's the time Mr. Fox?' The Fox replies with a certain time e.g. 8 o'clock which is the amount of jumps/hops the children can take If Fox replies DINNER TIME they get to chase Ss and try and tag them before they reach the line. If children get caught, they become the fox. If someone reaches the fox without calling dinner time, they win the game 		Cones to mark out space Hula hoop Tall cones for corners Bean bags, bean animals, balls, chickens, balls

Reflection Questions:

1. What is easier- hopping or jumping? Why?
2. What do our knees need to do when we land?
3. What is the same between hopping and jumping?

GO4it at home:

https://www.sportbop.co.nz/downloads/GO4it-Junior-Day-5---JUMPING_Final.pdf

Play the bean game at home with Chloe! Follow along and try and keep up 😊

Skill: Skipping KC's - Thinking, Managing self, Participating and Contributing, Relating to others.	Lesson: 1	Learning Objective: Be able to perform skipping in different directions
Skill Criteria: 1. Step 2. Hop	Helpful hints: - Hold hands with a partner and step hop in time together - Take your time and do not rush it - You will see progression if you give time	
Activities:		Equipment:
EXPLORE: Skipping discovery (5mins) Go through the skill criteria and give children a chance to have a go. Cone out the area and ask them to try and skip around the area independently. Use rhythm to help them with the movement pattern. Clap or use a tambourine: step, hop, step, hop, step hop. Can they swing their arms? Skip high? Skip low? Skip from cone to cone Can one partner go forwards and one skip backwards which makes you go in a circle holding hands?		4 cones to mark out space (different colours)
GROW: Foxes and Rabbits Children are in pairs Child 1 tucks a piece of material/ tag into the back of his/her shorts. (Rabbits tail) When teacher shouts go, Child 2 must chase Child 1 by skipping and try and grab the Rabbits tail. If successful, children swap roles- teacher to swap children over if no one is successful. Progression: Change locomotor movement		4 cones to mark out space Tag/ piece of material
GO4it: Sheep farmers! (10 mins) Set out a coned area with a gap marked with tall cones at one side. <ul style="list-style-type: none"> • 3 or 4 taggers are the farmers, everyone else is a sheep • If the sheep get tagged, they must go through the 'gate' and skip around the perimeter before they come back and re-join the game. • Change taggers every 60seconds or so 		Cones Noodles
GO4it 2: Fruit Salad (10mins) Children sit in a large circle. Give each child a different name of a fruit Teacher calls out a name of a fruit and the children must stand up and skip around circle and back to their spot. First child back gets to call out the next fruit. Progression: Change fruit to letter sounds or number.		Spots for children to sit on Hula hoop for the middle spot
Question time: What are the two parts of skipping? Who thinks they are now a good skipper and why? What made you go higher when you skipped?		
GO4it at home: https://www.sportbop.co.nz/downloads/Junior-Day-3--Skipping-FIN.pdf		Music player

Play musical skipping at home with Cam and see if you can be the champion

Skill: Dodging KC - Thinking, Managing self, Participating and Contributing, Relating to others.	Learning Objective: Perform dodging using quick, deceptive changes in direction to evade, chase or flee from an opponent.
Skill Criteria: <ul style="list-style-type: none"> - Own Space - Not touching anyone - Changing directions - Eyes up 	Helpful hints: <ul style="list-style-type: none"> - Find space - Side to side - Safe stop - Listening and responding
Activities:	Equipment:
WARM UP: CARS (5 mins)	
Red (STOP), Orange (WALK), Green (GO), Speed bump (JUMP), Grandma (change direction) Using spots/ cones as a steering wheel, weave in and out of each and react to teacher command. <i>Reminding them of finding space and when red is called- swing arms to check.</i>	Cones Spots
EXPLORE ACTIVITY: Knee Knockers (5 mins)	
Children in pairs facing each other <ul style="list-style-type: none"> • They have 2 minutes to try and see if they can tag their partner's knees. • After two minutes, switch roles. • Always facing each other Progressions: try and tag each other at the same time	Cones
GROW ACTIVITY: SEAWEED (10mins)	
Children line up one end of the area 1 child is the tagger (Sea Monster) <ul style="list-style-type: none"> • Aim is to get to the other side without being tagged • If children get tagged, they freeze with arms outstretched like a piece of seaweed to try and tag other when they run through. • Coach calls out different people to run using coloured clothing etc. 	Tags Cones
GO4it ACTIVITY: PIRATE CAPTAIN (10mins)	
All children need to be moving around (walking, running, skipping or leaping). Two people are the taggers and they have an extension e.g. a soft noodle. Pirate are trying to tag your legs. If you get tagged, you have to 'walk the plank' <ul style="list-style-type: none"> - Come out of the coned area, hop one foot in 3hula hoops in a row - Then the children can re-enter the game and carry on. Progressions:	Noodles Cones Hoops

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| <ul style="list-style-type: none">• After a few minutes change locomotor movement that they have to make to re-join the game e.g. jump two feet, in and out of the hoops.• Change over the taggers, make area larger or smaller. | |
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Reflection Questions:

1. How can we keep ourselves safe?
2. How did we show teamwork today?
3. What do we need to look for all the time?

GO4it at home:

<https://www.sportbop.co.nz/downloads/Junior-Day-8---Obstacle-Course-FINAL.pdf>

Complete the obstacle course with Chloe and see how quickly you can complete it at home 😊

Skill: Galloping & Sliding (side-to-side) KC's - Thinking, Managing self, Participating and Contributing, Relating to others.	Lesson: 1	Learning Objective: Perform galloping and sliding in different directions & at different speeds.
Skill Criteria: Galloping: <ol style="list-style-type: none"> 1. Keep same foot in front 2. Uneven beat 3. Step 4. Step behind 		Sliding: <ol style="list-style-type: none"> 1. Body sideways 2. Step 3. Together
Activities:		Equipment:
Warm Up: N-S-E-W (5 mins) <ul style="list-style-type: none"> • Kids move inside area practicing jumping/hopping from previous lesson • On T call, Ss move to particular coloured side (Ss choose different animals movements) • P: T calls out two different sides • P: Ss must perform certain movements to side • P: Allow kids to perform gallop/slide. 		2x areas (large & small) Cones to mark out areas (different colour for each side)
EXPLORE Activity: Follow the Leader (10 mins) Follow the Leader <ul style="list-style-type: none"> • Ss in line behind T (2 groups) • T leads them around area in different directions galloping/sliding • P: Change leader 		4 cones to mark out space
GROW Activity: Cowboy/Girl Tag (10 mins) Cowboy Tag <ul style="list-style-type: none"> • Taggers (cowboys/girls) mount noodles like horses • Ss gallop/slide inside area • If tagged go to a cone (Inn) and complete hopscotch course • Swap cowboys/girls after 1 min • P: If tagged you become cowboy/girl 		Cones to mark out space 4/5 noodles 4/5 bibs/bands Spots
GO4IT Activity: Rob the nest (10 mins) <ul style="list-style-type: none"> • Teams split into 4 groups (depending on numbers) • All jewels in middle hoop • One player from each team can bring back one jewel at a time • Teams can steal off other teams when all jewels in middle gone • Ss must move by either galloping/sliding 		1 hoop Bean bags Cones to mark out area
Reflection Questions: <ol style="list-style-type: none"> 1. What is different between galloping and sliding? 2. What activities can you use galloping and sliding? 		
GO4it at home: Why not setup a racing challenge with your siblings/parents? Challenge them to a sliding race or a galloping race & see who gets past the line first ☺		