

<p>Skill: Balance KC's - Thinking, Managing self, Participating and Contributing, Relating to others.</p>	<p>Lesson: 1</p>	<p>Learning Objective: Perform a variety of balances using different parts of their body. Continuing from last week, find space and head up Respond to teacher instruction and calls</p>
<p>Skill Criteria:</p> <ul style="list-style-type: none"> - Own Space - Not touching anyone - Not touching anything - Eyes up 		<p>Helpful hints:</p> <ul style="list-style-type: none"> - Arms out stretched - Safe stop - Listening and responding
<p>EXPLORE: Cars (5 mins)</p> <p>Red (safe stop), Orange (walk), Green(run), Speed bump(jump), grandma(change direction)</p> <p>Using spots/ cone as a steering wheel, weave in and out of each and react to the teacher command.</p>		<p>Equipment:</p> <p>Cones to mark out space</p>
<p>GROW: Mirror me! (5-10 mins)</p> <p>Children copy the teacher's/coach's actions like a mirror. e.g running on the spot, balancing on one foot, stretching.</p> <p>Progressions: With a buddy, can you copy their actions?</p> <ul style="list-style-type: none"> - children face each other as if they are looking in the mirror - Stop the children after a couple of minutes and ask for some children to show their best balance to the rest of the class. - Here focus on being a good audience and ensuring encouragement from the class to their classmates. - Optional: whole class could copy the childrens example. 		<p>Just a partner</p>
<p>GO4it: Frogs & Flies</p> <p>Set up a lily pad area with lots of spots and hoops. Half the class are flies the other half are frogs. The flies 'fly' through the area, while the frogs jump from lily pad to lily pad (two foot jump). On the teachers 'EAT THEM'- flies and frogs freeze where they are and the frogs try to stretch and reach the flies without moving off their lily pad. If caught they swap places. Ask them "How does this involve balancing?"</p> <p>Progressions: Children swap roles</p>		<p>Spots Cones Hoops</p>
<p>Reflection Questions:</p> <p>How do I know if I am in space? What is a balance? How can we change the game? What can we do differently?</p>		
<p>GO4it at home: https://www.youtube.com/watch?v=CIUjmJoCxA&feature=youtu.be Follow Khushali's Balance game on youtube and practice your balancing at home with your friends and family.</p>		

<p>Skill: Spatial Awareness</p> <p>KC - Thinking, Managing self, Participating and Contributing, Relating to others.</p>	<p>Learning Objective:</p> <p>Move around safely in a small area finding space.</p>	
<p>Skill Criteria:</p> <ul style="list-style-type: none"> - Own Space - Not touching anyone - Not touching anything - Eyes up 	<p>Helpful hints:</p> <ul style="list-style-type: none"> - Find space - Safe stop - Listening and responding - The children will tire quickly with these games so make them snappy and change them up as you notice them slowing down ☺ 	
<p>Activities:</p>	<p>Equipment:</p>	
<p>WARM UP: Freeze frame</p>		
<ul style="list-style-type: none"> - Children run around finding space inside the coned area. - When the teacher shouts freeze, they have to freeze on the spot. <p>Discuss skills and criteria for spatial awareness– relate to activity before</p> <ul style="list-style-type: none"> - Ask children to swing their arms to check they are in 'space' - Replay freeze and each time they have to check their space 	<p>Cones to mark the area</p>	
<p>EXPLORE ACTIVITY: CARS</p>		
<ul style="list-style-type: none"> - Red (STOP), Orange (WALK), Green (GO), Speed bump (JUMP), Grandma (change direction) <p>Using spots/ cones as a steering wheel, weave in and out of each and react to teacher command.</p> <p><i>Reminding them of finding space and when red is called- swing arms to check.</i></p>	<p>Cones</p> <p>Spots or cones</p>	
<p>GROW ACTIVITY: High 10</p>		
<ul style="list-style-type: none"> - 3 taggers - Children move around the space, when they are tagged, children bob down and put their both hands in the air. - Children that are free can then give them a high 10 to free them - Change taggers after a few minutes 	<p>Tags</p> <p>Cones</p>	
<p>GO4it ACTIVITY: Spacemen vs Aliens</p>		

4 taggers (Aliens), 4 hula hoops (Spacemen)

Children run around the space

- If tagged by an Alien, they turn into a spacerocket (hands together above their head)
- To be freed, the Spacemen place the hula hoop over their head.
- Once saved- that person then becomes the Spaceman and saves someone else
- The game continues until the teachers swaps the taggers.
- REMEMBER: Taggers (Aliens) stay the same, Spacemen with Hula hoops chance every time someone is saved.
- Switch taggers (Aliens) after 2 mins

Tags

Hulahoops

Cones

Progressions:

- Add additional taggers/ spacesavers
- Make the space bigger
- Change taggers after 2 minutes or so to keep pace of game

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/Go4it-Challenge-Card---Star-wars-Yoga-FIN.pdf>

Practise your spatial awareness and balance with a Cosmic Kids Yoga class at home 😊