

CiCs

Coaching in Community sports

CLASS: KS1	DATE: Lesson 2	NO. PUPILS: 30	LENGTH OF LESSON: 60 mins	ACTIVITY: Virtual Cross Country
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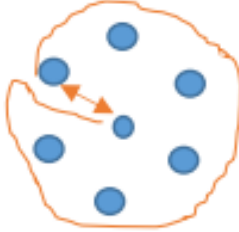

LESSON OBJECTIVE: To encourage healthy active lifestyles. Happy, Fun, Motivated, Speed, Agility, Balance, Teamwork. Develop playing within area, Team Spirit, Collaboration and within Rules of modified games. Using the reframing approach, focus on process rather than outcome of fastest score (learning, values and development over the final result) aim for individuals PB's – Personal Best and other measure of success (Engagement, Motivation, Competence, Confidence, Emotion, Involvement and Participation, Inclusive, Learning [develop personal, social, creative, thinking and physical skills], Enjoyment, Success where participants feel making progress and getting satisfaction.

EQUIPMENT NEEDED: 7 Cones for each of the 5 groups of 6 participants
 One set of A4 letters A, C, T, I, V, E or pictures Ant, Cat, Tiger, Iguana, Vulture, Elephant
 Place the 6 letters or pictures around the field in different areas.
 15 white boards and pens or pens and paper

TASK	ORGANISATION	TEACHING POINTS	TIME
<p><u>Introduction:</u> Continue with our Cross country theme and Hampshire school games 2020 - Virtual sports.</p> <p><u>Warm up</u> – Allow everyone to complete a lap around the field, next week we will measure and complete 500m</p> <p>Split into groups of six, each group of six complete an activity for everyone to action. (physical activity such as star jumps, jogging on the spot or any particular stretches)</p>			mins

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<p><u>Game – Round the world</u> For each of the 5 groups (assuming 30 and 6 in a group)</p> <ul style="list-style-type: none"> • set up a central cone with 6 cones in a circle around central point with a radius of 10m <p>Each group has a participant standing at a cone (six people stood by a cone) in each group.</p> <ul style="list-style-type: none"> • One at a time, each participant will complete a full circuit by starting in the middle, run out to one marker and then run around the outside of all the other markers and back to the first marker and back to the middle. • Record individual times • Everyone has a go and opportunity to improve (PB) try to give everyone at least three opportunities. • What was your personal best and why (might not be just time, could have been, didn't give up, better technique, enjoyed more) 	<p style="text-align: center;">ROUND THE WORLD</p> 		mins
<p><u>The Scavenger Hunt –</u> Everyone works in pairs Place the 6 pictures or letters around the field or playground. Start in the middle or on the steps/benches and have a paper and pen or white board. On 'GO' the first runner has to go and find an object and then come back and write down the letter or first letter of object, whilst their partner then moves to go and find the next one (so only one person at a time is running, rotating and taking turns) and then comes back and so on. How fast can they collect all the six letters or pictures? The letters/pictures spell a word using the first letter of each picture can you work out the word. (A C T I V E). Bonus points if complete the challenge.</p>	<p style="text-align: center;">SCAVENGER HUNT</p> 		

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