

Prior Learning

Thrown and handled a variety of objects. Developed power, agility, coordination and balance. Negotiated obstacles showing increased control.

Unit Focus

Improve running and jumping movements over sustained periods. Reflect on activities and make connections to healthy, active lifestyles. Jump for distance and height.

We are learning...

1. to work individually to run over a longer distance.
2. to improve strength to increase our jumping distance.
3. to create power when throwing for distance.
4. to use breathing techniques to be able to run more.
5. to cooperate with our partners to complete a task well.
6. to listen to others and work as a team to achieve the highest score possible.

Key Questions

1. What does it mean to be part of a team?
2. How does it feel playing under pressure?
3. Why is it important to practice when we learn something new?

Equipment

Skipping ropes, benches, hoops, small, soft balls, shuttlecocks, chairs, benches, low hurdles, buckets.

Vocabulary

Lunges, strength, power, repetition, power, accuracy, agility, burn, stamina, fitness, persevere, tally, develop, lap, cooperate, compete.

Rules

- Ensure correct technique is being used for activities.
- Count and recall correct repetitions of each activity during stations.

Assessment Overview

Head - Begin to make links between components of fitness.
Hand - Use agility in running games.
Heart - Consider others when playing games.

