

INVASION GAMES

Year 4 Unit 2 Lesson 7



AREA OF LEARNING: Invasion Games Techniques	DATE:	CLASS:
ENGLISH CURRICULUM (2014) LINKS: PE: use running, jumping, throwing and catching in isolation and in combination; play competitive games [e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.		
WELSH CURRICULUM LINKS: Physical Development – Health, fitness & well-being activities		
SCOTTISH CURRICULUM LINKS: Health & Wellbeing: Physical Education		

LEARNING INTENTIONS: <ul style="list-style-type: none"> Pupils to develop an understanding of how to succeed while evaluating and recognising their own success. 	RESOURCES: <ul style="list-style-type: none"> Bibs Basketballs Marker cones Hoops Bats Footballs Rugby Balls Small balls 	CONTENTS: Page 1: - Planning and preparation Page 2: - 40 minute lesson plan Page 3: - Active classroom ideas
OBJECTIVES: <ul style="list-style-type: none"> To put games techniques and skills into practice in a competitive environment. 	EXPECTATIONS: <ul style="list-style-type: none"> State to your pupils what your expectations are going to be of them are throughout these lessons i.e. listening, following instructions, good behaviour etc. 	

EVALUATION/ASSESSMENT OPPORTUNITIES/SESSION NOTES

Created 2013 Last modified by Michelle Hanchard, Registered Dietitian July 2014

ACTIVE CLASSROOM IDEAS

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Active Classroom Ideas are 15 minute activities for smaller spaces which can be carried out by teaching assistants within the classroom.

	ACTIVE CLASSROOM IDEAS
WARM UP STRETCH – Stretch Wave 3 minutes	Sit in a circle. The teacher performs a gentle basic stretch and holds it. One at a time, moving in a clockwise direction, the pupils perform the same simple stretch. Once it has been passed around the circle, the pupil to the left of the teacher should stretch a different part of their body and the wave continues.
ACTIVITY FOCUS – Smugglers 10 minutes	Split the class into two groups – the smugglers and the goodies. Select a mix of beanbags of just 4 colours and hand them out one each to the goodies. Mark out 4 areas in the classroom (you can use tables for this activity) and allocate them a colour corresponding to the beanbags. Explain that the goodies have to walk around the classroom placing the beanbags onto the table of the same colour. Introduce the smugglers into the game after 30 seconds, they then have to walk around the classroom removing the beanbags and placing them on the tables of different colours which the goodies must then rectify.
RELAXATION – Through the seasons 2 minutes	Ask the children to find a space to stand in. Explain that will demonstrate a plant through the seasons of the year. Explain that it is winter, the plants are small and weak (pupils should crouch down low to the ground). In spring the stronger sunshine allows the plant to start to grow (children slowly start to stand up and spread out their arms). In summer the warm sun allows the flowers to open up (children stand upright with arms spread to indicate flower opening). In autumn the sun becomes weaker again (pupils crouch lower to the ground).

HEALTH-RELATED FITNESS (take 10 minutes to explore these discussion points)

Exercise and my lungs. Discuss the function of the lungs and the effect that exercise has. When you exercise your lungs need to breathe in more air, we need to do this to stay alive. Increased activity requires the lungs to work faster and harder to obtain the air we need.

Exercise and my lungs - Need to breath in air to live. As you start to move about, the muscles in your body send messages to your brain that they need more oxygen (air). So during exercise breathing increases.