

Resources: cones to mark points A and B;
two barriers; variety of small and some larger
items of equipment

Lesson 7

Unit 3

Learning Objectives	Suggested Series of Activities - TEAMBUILDING - OVER AND UNDER	Points to Note
<p>Pupils should learn:-</p> <p>Acquiring and Developing</p> <ul style="list-style-type: none"> to handle equipment carefully 	<p>Warm up</p> <p>Group the children in groups of 3-4; with one child leading the others Ask the children:</p> <ul style="list-style-type: none"> To take their group through a simple warm up routine 	<ul style="list-style-type: none"> reinforce the three elements of a warm up
<p>Selecting and Applying</p> <ul style="list-style-type: none"> to work as a team to meet a challenge through effective planning and team work <p>Improving and Evaluating</p> <ul style="list-style-type: none"> to observe and identify strengths and weaknesses in another team's performance to use their observations to inform their own planning to suggest improvements o their own and others' work 	<p>Introduction</p> <p>Explain to the children that they will be working in groups of five or six to complete a challenge. Their task is to transfer ten or more items of equipment and themselves from point A to point B. In between A and B are two barriers, each at a different height: - barrier 1 is 75cm high and must be got OVER - barrier 2 is 40cm high and must be got UNDER Neither the equipment nor the team members must make contact with the barriers. If contact is made, the challenge is restarted. Ask the children:</p> <ul style="list-style-type: none"> To discuss alternative strategies and agree a team strategy 	<ul style="list-style-type: none"> equipment should include small items e.g. balls, uni hoc sticks and at least two larger items which could bear a child's weight e.g. milk crate, chair safety - use elastic to make the barriers or canes placed on skittles which will easily dislodge if caught
<p>K and U of Fitness and Health</p> <ul style="list-style-type: none"> to lead a simple warm up routine 	<p>Challenge</p> <p>Ask the children:</p> <ul style="list-style-type: none"> To complete the challenge observed by another team who will comment on the strengths and weaknesses of their strategy and team work To talk with their observers and evaluate their performance To identify a minimum of two things they will work on to improve Repeat, reversing roles with the other team What did you learn from observing another team? Did your observations help you to improve your own performance? 	<ul style="list-style-type: none"> stress that the teams are not in competition with each other; they are there to observe and advise talk with teams about team work and what makes effective team work
	<p>Follow-up</p> <p>Ask the children:</p> <ul style="list-style-type: none"> To adapt their strategy or practice weaker parts of their performance To repeat the challenge, with observers watching To evaluate their performance with the observers and identify improvements that were made To reverse roles 	
	<p>Cool down and concluding activity</p> <p>Ask the children:</p> <ul style="list-style-type: none"> To gently bounce on the spot To jog and then walk To rub each leg gently in the direction of the heart To tell you some of the characteristics of good team work 	<ul style="list-style-type: none"> Back in the classroom, the children could be asked to design their own challenge for them, and another group, to complete next lesson

