

LESSON PLAN: **SKILLZ4SPORT** INFANTS: WEEK 3

LESSON OBJECTIVE: To learn how to balance with control and stability.

WARM UP (10 MINS)

Musical statues: pupils are to move around dancing in any way they wish to music. When the music is paused, pupils have to freeze their body position. If they wobble or move after the music has paused, they are out.

MAIN LESSON (20 MINS)

Explain to pupils that they have to hold a position very still for at least 3 seconds to call it a balance. Tell them that if they stretch their bodies, they will be able to hold the position for longer and with more control.

Ask pupils with a partner to try and balance on large body parts (tummy, bottoms, backs, legs). Then ask them to try and balance on small body parts (hands, feet, knees, elbows). Ask them if they find it harder/easier and why they think this might be.

Develop: In pairs, they are to help each other improve.

GAME/COMPETITION (15 MINS)

Stalk stand test: Pupils are to balance on one leg for as long as they can. Pupils have to place their hands on their hips, and place their foot beside their opposite knee. If they start to hop/move their standing leg, or place their foot down on the floor, they are to stop.

0 - 5 seconds: 5 points

5.1 – 10 seconds: 10 points

10.1 – 15 seconds: 15 points

15.1 – 20 seconds: 20 points

20.1 seconds plus: 25 points

EQUIPMENT

- Music player/music
- Gym mats
- Stopwatch

KEYWORDS

- Control
- Stability
- Posture

DIFFERENTIATION

LESS ABLE

- Give them 3 lives in the musical statues game.

MORE ABLE

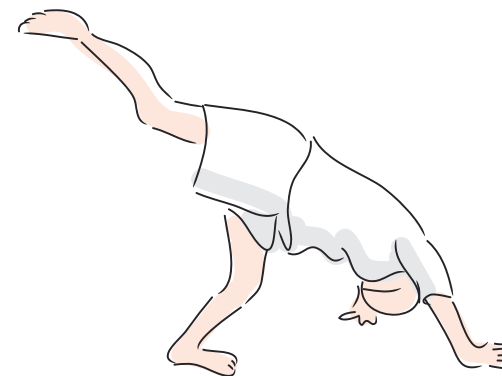
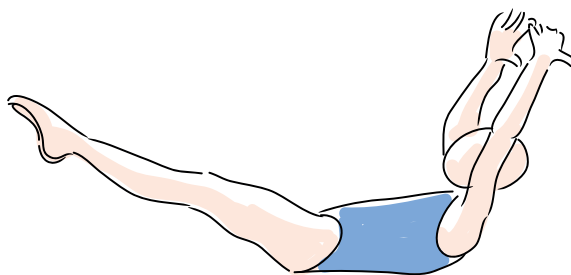
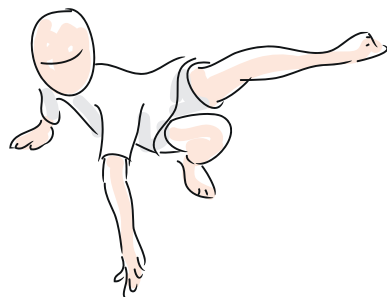
- Give them more difficult balances to perform.
For example: two hands, one foot, or balance on tiptoes etc.



RESOURCE CARD: **SKILLZ4SPORT** INFANTS

RELATES TO LESSON(S): 3 and 6

MAIN LESSON: Examples of balances on large and small body parts.



STORK STAND TEST:



RULES:

- Place hands on hips
- Foot at the side of the knee
- No shuffling of the standing foot
- No placing the foot on the floor

POINTS AWARDED:

- 0 – 5 seconds: 5 points
- 5.1 – 10 seconds: 10 points
- 10.1 – 15 seconds: 15 points
- 15.1 – 20 seconds: 20 points
- 20.1 seconds plus: 25 points