

# LESSON PLAN: **SKILLZ4SPORT** INFANTS: WEEK 6

**LESSON OBJECTIVE:** To complete all the *Skillz 4 Sport* activities with the aim of winning the competition.

## **WARM UP (10 MINS)**

Tell pupils that if you shout out the following numbers, they need to perform the following actions:

1. Skipping
2. Jumping
3. Running
4. Hopping

## **MAIN LESSON (20 MINS)**

Set up all the games from the past 5 weeks within a circuit formation as follows:

**Station 1:** Sprinting competition: 5 metres shuttle runs.

**Station 2:** Skipper competition: 20 seconds to see how many times they can skip with a hoop.

**Station 3:** Stalk stand test: how long they can balance when stood like a stalk.

**Station 4:** Agility Competition: how long it takes to complete the M shape agility course.

**Station 5:** Hoopla competition: throwing 3 bean bags into hoops to score points.

All pupils are to complete the competitions to the best of their ability.

## **GAME/COMPETITION (15 MINS)**

Record the scores for each pupil on each station and send your class results to:

Greenacre Sports partnership, Greenacre Academy,  
157 Walderslade Road, Walderslade, Chatham ME5 0LP

Or Email: [hillk152@medwaymail.org](mailto:hillk152@medwaymail.org)

## **EQUIPMENT**

- Cones/markers
- Stopwatches
- Hoops
- Bean bags

## **KEYWORDS**

- Performance
- Energy
- Endurance
- Effort

## **DIFFERENTIATION**

### **LESS ABLE**

- Give pupils more encouragement.
- Give pupils personal targets to aim for.

### **MORE ABLE**


- These pupils can help with recording scores.



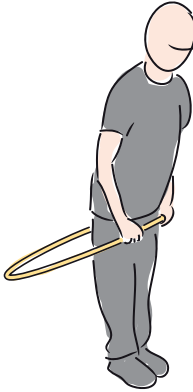
# RESOURCE CARD: SKILLZ4SPORT INFANTS

RELATES TO LESSON(S): 6


**STATION 1:**  
Sprinting Competition



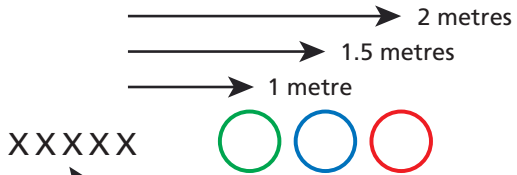
**STATION 2:**  
Skipper Competition



**STATION 3:**  
Stork Stand Test



**STATION 5:**  
Hoopla Competition



**STATION 4:**  
Agility Test

