



Class:

Date:

Topic: Lesson 3 Balance and Linking Actions

What we are learning today (WALT):

Student Numbers: Male: \_\_\_\_\_ Female: \_\_\_\_\_ SEN: \_\_\_\_\_ G&T: \_\_\_\_\_

<b>Times</b>	<b>Starter activities:</b>  “ <b>Traffic lights</b> ” - (Green - go fast, Amber - slow down, Red - Stop) “ <b>Dotty Spot</b> ” - (Follow instructions by coach, ie: stand in front, stand behind, one foot on the floor, one hand etc.)  <b>Learning activities:</b>  “ <b>Lame dog</b> ” - (On all fours, hands and knees, follow instructions ie: left arm, right arm, left leg, right leg etc. Hold each item up for 5 seconds) “ <b>Buzz bridge</b> ” - (Walk in pairs, one on all fours, hands and feet with hands in a hoop, other child pass the hoop along body to feet without touching the body) “ <b>Step on, off, over</b> ”- (Using a bench, children step on, off and over <u>carefully!</u> ) “ <b>High Jinx jump</b> ” - (Using a bench, jump onto a mat- stretch, star, truck, quarter turn, half turn, full turn) “ <b>Jump to the beat</b> ” - (Using music, marching, jumping jacks with hands on hips, grapevine, kicker twister & rocker) <b>Plenary activities:</b>  “ <b>Sleeping Donkey</b> ” - (Child on fours, hand and knees. Close eyes and wait)	Differentiation:
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Evaluation:

Resources Needed:  
Mats x 3, hoops, spots, bench and music

