

Lesson objective – Explore safe travelling at different levels

Steps to success

- 1) Review methods of traveling on foot
- 2) Explore travelling on hands and feet

Starter activity—As the children enter the room ensure pumps are left to the side and out of the way. Explain the learning objectives.

Warm-up

How can we travel? Jump, hop, skip, side step, hop scotch, jog,

Travel by feet

Can the children travel in different ways around the room, when the teacher says freeze all must stop.

Repeat but ask the children to stop in a stretched shape, reaching for the ceiling, who can hold it really still?
Repeat with a stretched, star and tuck shape, this can be held on the floor or standing.

Stretch/mobilise

Can the children

Construct learning challenge ; - travel by feet and hands

How can you travel using your feet and hands at the same time? Give the children a few minutes to explore, model good ideas to the class. Remind the children to travel with control and accuracy, it is better to be slow and safe than fast and dangerous.

Show the picture of the

- Bear walk
- Crab walk
- Caterpillar walk

Can the children link high and low travels together, travel high (jump) followed by a low travel (caterpillar walk), repeat this with different combinations.

Application apparatus (see apparatus diagram)

Can the children link 3-5 actions together, they can use travels and shapes, star, tuck and stretched, this is an opportunity for the teacher to assess what the children are good at and which areas may need more practice.

They should include

- 2 shapes
- 2 travels
- A starting and finishing position
- Smooth controlled actions

Remind the children they are working alone and must travel away from their starting position.

Review

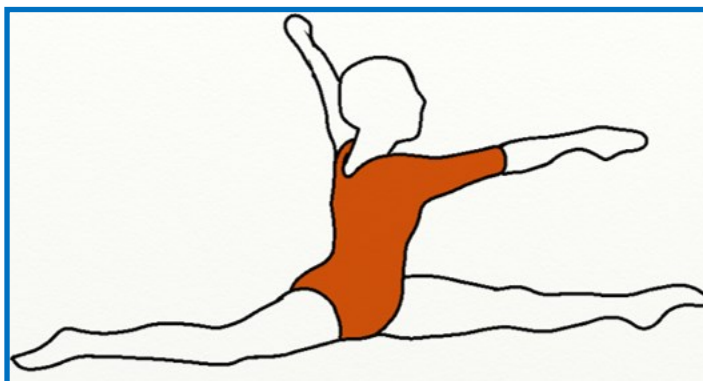
Split the class in half, have half the class perform whilst the other half will be the audience. Ask a student or the teacher to record the performances on an iPad. Do a quick review form the audience, *What did you see that was good and why?* Swap over and do the same thing again the audience become the performers and visa versa.

Think were you able to create and link shapes together,

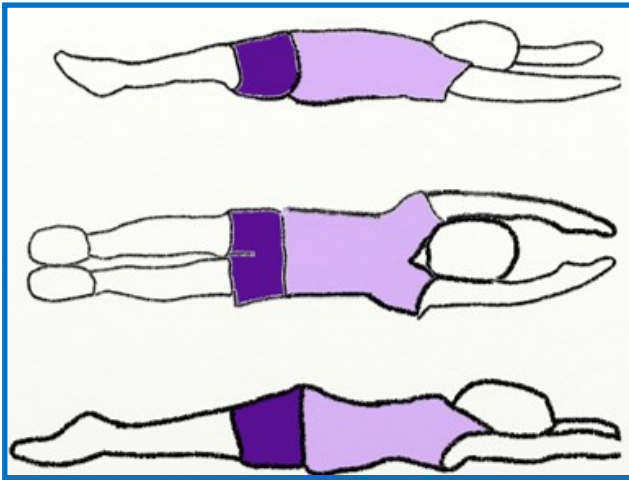
Pair talk to a partner, what did you do well today? What could you improve?

Share who would like to share ideas with the group. Pick out children

High travels



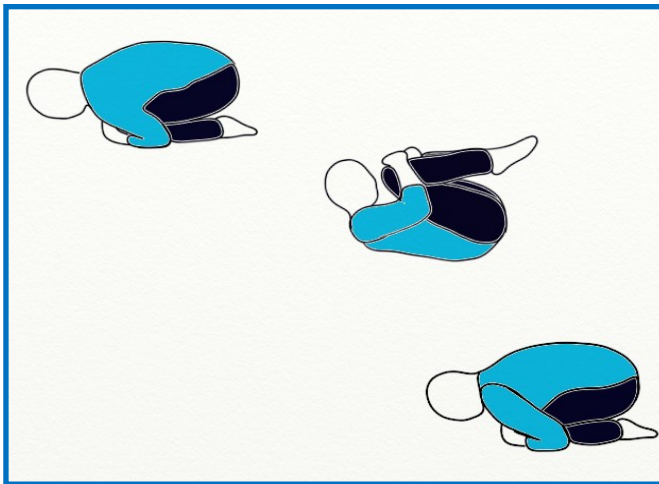
Low travels



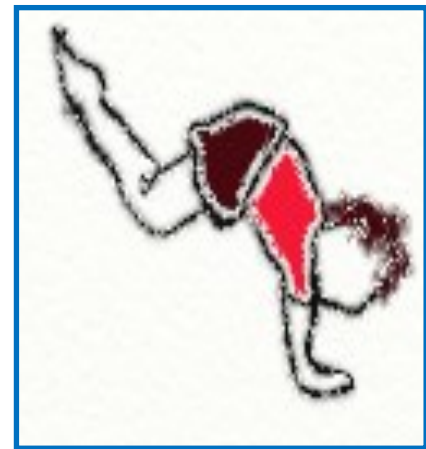
Stretched roll



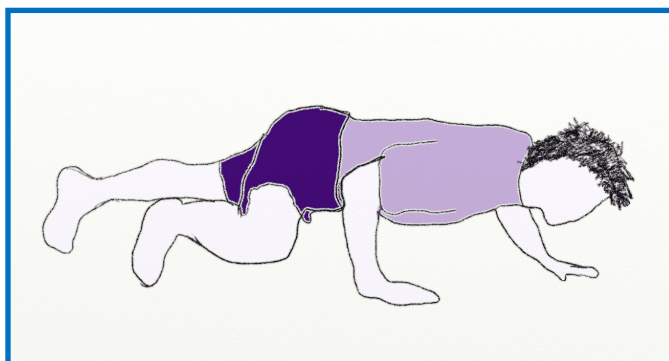
Frog jump



Tuck roll



Bunny hop



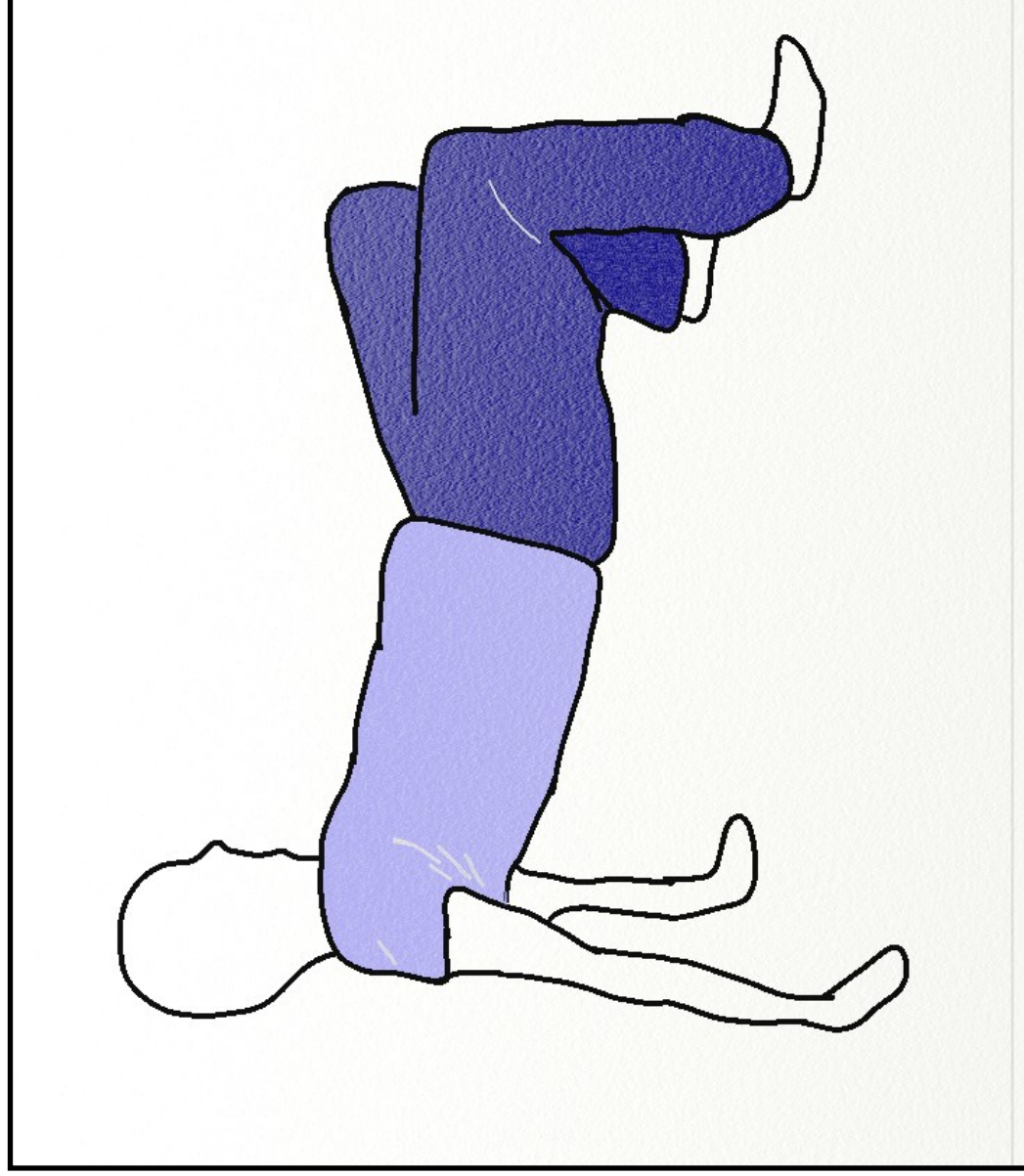
Crocodile walk

Bear walk



1. Travel on hands and feet, moving the left side first then the right.
2. Lift your bottom up high.
3. Keep your head up to see where you are going.

Crab walk



1. Turn the body round and try to get the belly button to touch the ceiling.
2. Keep the fingers pointing at the toes.
3. Travel forward so as not to bump.