



Topic	meandmyself	Level	0.0	Theme	Senses	Title	Me and Myself - foundation level - March 4, 2011, 1:17 pm
Learning Objectives	<ol style="list-style-type: none">1. Listen and respond appropriately - CLL2. Move with control and coordination - PD3. Respond in an appropriate way to different stimulus's - CD						

Teaching Assistant	none	Special Education Needs	none
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Literacy Keywords	Senses, Listen, Instructions, Awareness, Movement	Citizenship	Awareness of space	Numeracy	Counting
Risk Assessment	<ul style="list-style-type: none">• Suitable clothing and footwear worn by participants• Safety information highlighted to participants• Equipment suitable for participants• Equipment safe and checked• Area safe and checked - any hazards removed	ICT		Equipment	Whistle, Marker cones

Teacher Notes	<ul style="list-style-type: none">• We have five senses - vision, hearing, smell, taste and touch• In PE the senses of vision, hearing and touch are all very important. In this lesson the children will use and develop these senses• Vision - seeing where you are going, where objects are, where space is and helping you to move safely are all ways in which vision is used in PE• Hearing - listening to instructions, finding out what to do and how to complete tasks or use equipment safely and communicating with each other are all ways in which hearing is used in PE• Touch - touching and interacting with other people and equipment are important elements in PE. Using different pieces of equipment will help develop the children's sense of touch• As in all areas of learning these senses are important tools to help you learn and developing them through PE will benefit the children in all areas of their learning
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Warm Up	Listen for the Whistle	Strand : PD	Duration : 3 - 5	Teaching Points
<ul style="list-style-type: none"> Ask the children to walk around the area using all the space When they hear the whistle, the children must stop/freeze Keep repeating the activity Ask the children to move in different ways e.g. Jog, skip, jump, hop 				<ul style="list-style-type: none"> Head up and looking forward to see where you are going Listen out for the whistle and freeze when you hear it Move carefully around the space avoiding other children Move into the free spaces Vary the way of travelling e.g. hopping, skipping, jumping
Progression				Teaching Points
<ul style="list-style-type: none"> Ask the children to move around like different animals When the teacher blows the whistle, the children must still freeze 				<ul style="list-style-type: none"> Move carefully around the space avoiding other children Head up and looking forward to see where you are going Encourage the children to move in the appropriate way Ask the children to think of different animals they can move as
To make activity harder				
<ul style="list-style-type: none"> Speed up the activity 				
To make activity easier				
<ul style="list-style-type: none"> Slow down the speed of the activity 				

Activity	Repeat My Rhythm	Strand : PD CD	Duration : 10 - 15	Teaching Points
<ul style="list-style-type: none"> Ask the children to find a space and stand so they can see the teacher at the front of the class The aim of the activity is for the children to copy a simple sequence that is performed by the teacher The teacher should perform a simple sequence of movements, e.g. 1 clap, touch toes and jump up, at the front of the class for the children to watch The children should then repeat the sequence they have just watched Keep repeating the activity with the teacher creating a sequence and the children repeating it 				<ul style="list-style-type: none"> Encourage the children to repeat the sequence matching the actions, rhythm and speed they were performed at Ensure each child is in a space Gradually increase the length and complexity of sequences as the children become more confident with the activity Sequences should be made up of actions that can be performed on the spot Vary the speed the actions are performed at
To make activity harder				
<ul style="list-style-type: none"> Allow the children to suggest and apply their own actions to the sequence 				
To make activity easier				
<ul style="list-style-type: none"> Give the children 3 specific actions they can only use 				

Game	Traffic Lights (Audio)	Strand : PD CD	Duration : 5 - 10	Teaching Points
<ul style="list-style-type: none"> The children should travel around the area reacting to the following signals as they are called out: Red = Stop freeze where you are Amber = Get ready and jump/jog on the spot Green = Go and travel around the area. Keep varying the way the children travel 				<ul style="list-style-type: none"> Head up and looking forward to see where you are going Move carefully around the space avoiding other children Vary the way of travelling e.g. hopping, skipping, jumping

Game	Traffic Lights (Visual)	Strand : PD CD	Duration : 10 - 15	Teaching Points
<ul style="list-style-type: none"> The children should travel around the area reacting to the following signals (cones) as they are held up <ul style="list-style-type: none"> Red = Stop freeze where you are Yellow = Walk around the area Green = Jog around the area Explain that the different coloured cones will be held up and the children must respond accordingly 				<ul style="list-style-type: none"> Head up and looking forward to see where you are going Keep looking to see what cone is held up Move carefully around the space avoiding other children Move into the free spaces
Progression				Teaching Points
<ul style="list-style-type: none"> Introduce more coloured cones (i.e. blue and white) and ask the children to think of their own actions, for example blue for jumping on two feet, and white for skipping etc. 				<ul style="list-style-type: none"> Move carefully around the space avoiding other children Head up and looking forward to see where you are going Encourage the children to think of different ways they can move
To make activity harder				
<ul style="list-style-type: none"> Add more coloured cones for different actions (i.e. white cone means jump up) 				
To make activity easier				
<ul style="list-style-type: none"> Call out the colour as the cone is held up 				

Warm Down	Move Around the Space	Strand : PD	Duration : 3 - 5	Teaching Points
<ul style="list-style-type: none"> Ask the children to walk around the area on their own As they are walking around the area ask the children to focus on their breathing - breathe in and out slowly Encourage the children to move increasingly slowly around the area 				<ul style="list-style-type: none"> Encourage the children to focus on their breathing Head up to look where you are going Move into space Move slowly, walking around the area

Plenary	
What are the different senses we have?	<ul style="list-style-type: none"> Sight, hearing, smell, taste and touch
What senses did you use during the lesson?	<ul style="list-style-type: none"> Encourage the children to think of senses they used and give examples of how they used them Hearing - to listen to instructions Sight - to look where you were going

Evaluation
<p>How did the children get on with the activities today?</p> <p>- <i>Most were successful and displayed a good understanding when questioned – Move onto the next theme in the unit</i></p> <p>- <i>Most struggled and were not successful at the activities – Recover this theme next week to give the children the opportunity to develop their understanding and be successful</i></p>
