

Learning Intention: To develop balancing skills using equipment

EQUIPMENT:

Balls, quoits, cones, strips, spots, map and bean bags.

Physical Development:

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping, and skipping

Starter Activity
Read pages 14-17

Warm up: Treasure Hunt

Children find a space and listen to the teacher's instructions.

Find the treasure: Jog around looking for treasure.

Stepping stones: Stepping from one stone to another.

Dig for the treasure: Pretend to dig.

Fill your pockets: Bend down and pick up treasure and put in imaginary pockets.

Pirates are coming: Crouch down small to hide.



Negotiate Space

Activity 1: Paces (recapping)



Demonstrate co-ordination

Children pretend they are Freddy and the pirates finding the treasure.

Equipment needs to be in a big pile (balls, cones, quoits, bean bags, spots etc.).

Teacher to be the captain and call out the direction of paces:

10 Paces to the left (side step)

5 Paces forward (step forward)

2 Paces right (side step)

4 paces backward (step backwards)

NOW DIG (pretend to dig for treasure!)

Note: After counting the paces, ask the children to close their eyes and you can tip out the treasure behind them in one big pile.

Present treasure (equipment) in any imaginative way you like!



Activity 2: Balancing Treasure

- Demonstrate co-ordination
- Demonstrate balance
- Negotiate Space

Book reference:

The pirates finding the treasure and balancing it on different parts of their body.

Place equipment from Activity 1 in a pile.

Children can use different parts of their body to balance the treasure on.

1. Can they balance one piece of treasure?
2. Can they balance two pieces of treasure?
3. Can they balance three pieces of treasure?
4. Can they balance four pieces of treasure?
5. How many different ways can the children balance the treasure when movin, e.g. walking, crawling, sliding etc.?

AFL : Teacher to choose some children to perform their balances.

Note: You can ask them how Freddy and the pirates look when they are balancing: e.g. arms out, looking forward.



Activity 3: Treasure Race

- Demonstrate co-ordination
- Demonstrate balance

Put the children into pirate teams (no more than five).

RULES:

1. Children stand behind a cone.
2. The first person balances the bean bag on their head.
3. They walk to the other cone and back.
4. Pass the bean bag to the next person who then repeats the above.

Extension:

The children can balance the bean bag on different parts of their body.



Cool Down: Children to walk around slowly and pick up the treasure (equipment). Can they sort them into correct piles?

Plenary: What did you like about today's adventure? How did you make sure the treasure did not fall off your body?