

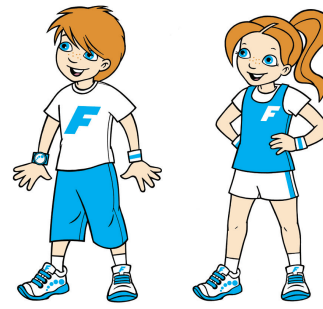
Learning Intention: To perform Shapes, Jumps, Rolls using various apparatus in teams

Physical Development (Gross Motor Skill ELG) :

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

Demonstrate strength, balance and co-ordination.

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



EQUIPMENT:
Resource cards
mats,
benches,
boxtops,
wall bars.

Warm up: **Starry Starry Night** (see Lesson 1). Safety: children to move carefully around the apparatus.

1. Teacher to split the group into Planet teams: e.g. **Jupiter, Mercury, Saturn, Neptune, Mars and Pluto**
2. Freddy and Fliss's challenge is for each Space team to gain points, when performing on a Space Station. These can be given for: teamwork, strong shapes, jumps, rolls, pointed toes, etc. Teacher to record scores.
3. Teacher to choose a Challenge circuit below. **Note:** You could do this over a number of lessons.

Note:

- Set up a circuit using apparatus at each station (see resource card for set-up)
- You can choose one of the circuits below for your lesson, or use a different one over four lessons
- Apparatus set-up is just a guideline: you can adapt the circuit to suit your school's facilities or just use mats.
- When performing on apparatus encourage children to show a clear **START, MIDDLE** and **FINISH**.
- Children should always show good **control** and have a **strong** body when performing.
- Children to be mini coaches, giving feedback to peers to help improve their performance and gain points.
- Children can video performances. (AFL)
- You can add music to the performance.
- Use the resource pictures as reminders for the short sequence.

Alien Challenge Circuit

Alien Challenge Circuit: Space Station 1– 6 (see resource card)

Children to imagine they are slow –moving Aliens on the equipment. Can they explore different ways of travelling around, on, over or under the equipment. **More Able:** To move in different directions and levels.

Shapes Challenge Circuit

Shapes Challenge Circuit: Space Station 1– 6 (see resource card)

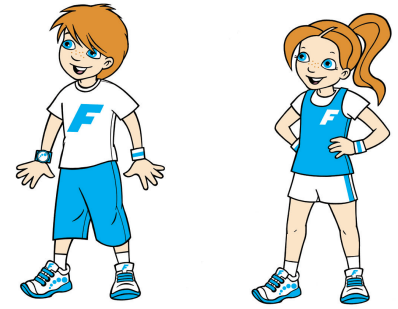
Children to explore different ways of travelling around, on, over or under the apparatus using strong Space shapes. **Space shapes – Rocket shape, Star shape, Sitting Star, Moon, Dish Shape, Flying Saucer, Squatty Alien , Pike Alien.** **More Able:** To point their toes when performing Space shapes.

Jumps Challenge Circuit: Space Station 1– 6 (see resource card)

Jumps off apparatus - **Rocket Jump and Star Jump.** **More Able:** To point toes when jumping.

Alien Challenge Circuit

Freddy and Fliss's challenge is for each Space team to move on the apparatus like Aliens. Points can be awarded for: teamwork, interesting Alien moves, pointed toes, etc. Teacher to record scores.



Teacher to split the group into Planet teams:
Jupiter, Mercury, Saturn, Neptune, Mars and Pluto

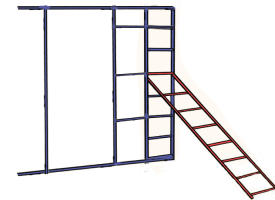
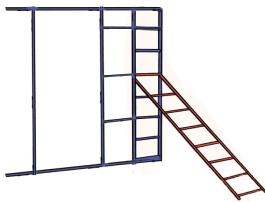
Alien Challenge Circuit: Space Station 1- 6

Children to imagine they are slow-moving Aliens on the equipment. Can they explore different ways of travelling around, on, over or under the equipment. **More Able:** To move in different directions and levels.

Space Station 1:
Climbing wall



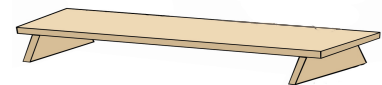
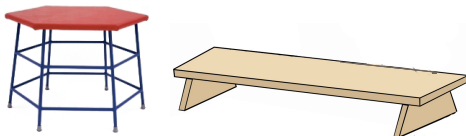
Space Station 2:
Climbing wall



Space Station 6:
Table and bench

IMPORTANT:
No Jumping off apparatus. There are no mats in this activity. Children to find other ways of moving on and off the apparatus.

Space Station 3:
Bench



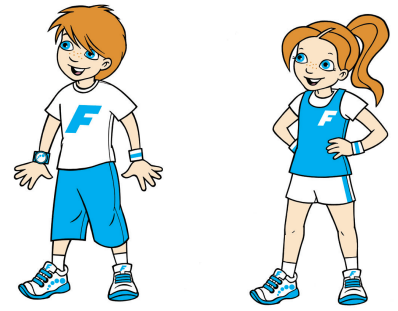
Space Station 5:
Bench, table, bench.

Space Station 4:
Table, bench



Shapes Challenge Circuit

Freddy and Fliss's challenge is for each Space team to move on the apparatus in Space shapes. Points can be awarded for: Teamwork, strong Space shapes, pointed toes, etc. Teacher to record scores.



Teacher to split the group into Planet teams:

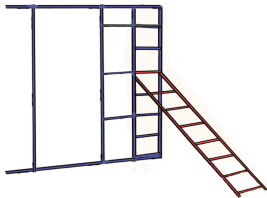
Jupiter, Mercury, Saturn, Neptune, Mars and Pluto

Note: Apparatus below are just a guide, you can use any equipment you have.

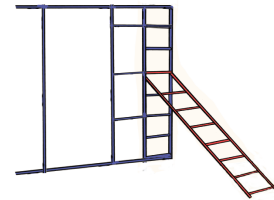
Shapes Challenge Circuit : Space Station 1– 6

Children to explore different ways of travelling around, on, over or under the apparatus using strong Space shapes. **Space shapes - Rocket shape, Star shape, Sitting tar, Moon, Dish Shape, Flying Saucer, Squatty Alien, Pike Alien.** **More Able:** To point their toes when performing Space shapes.

Space Station 1:
Climbing wall



Space Station 2:
Climbing wall

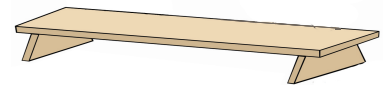


Space Station 6:
Bench, table and bench

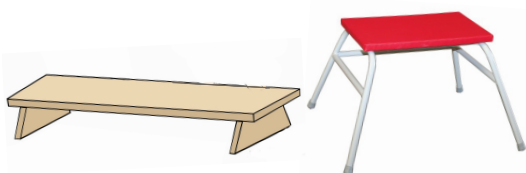


IMPORTANT:
No jumping off apparatus. There are no mats in this activity. Children to find other ways of moving on and off the apparatus.

Space Station 3:
Bench and spots



Space Station 5:
Bench and table.

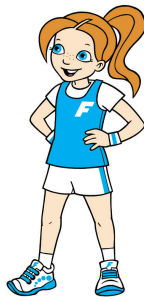
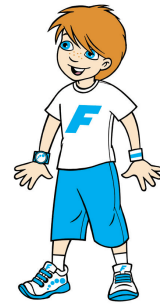


Space Station 4:
Table, bench



Jumps Challenge Circuit

Freddy and Fliss's challenge is for each Space team to Jump off the apparatus safely. Points can be awarded for: teamwork, a good landing, looking forward, pointed toes, etc. Groups to record scores.



Teacher to split the group into Planet teams:

Jupiter, Mercury, Saturn, Neptune, Mars and Pluto

Note: Apparatus below are just a guide, you can use any equipment you have.

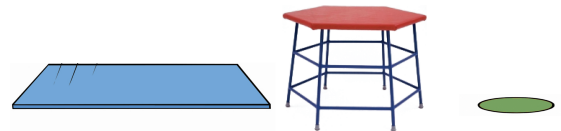
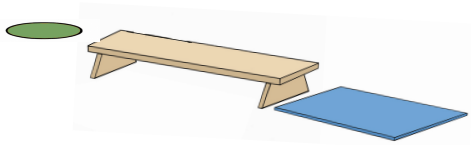
Jumps Challenge Circuit: Space Station 1- 6

Jumps off apparatus - Rocket Jump and Star Jump. More Able: To point toes when jumping.

Space Station 1:
Bench and mat.

Note: Green spots = Start

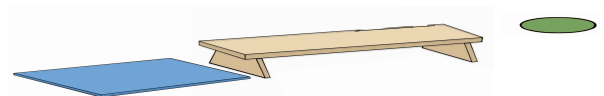
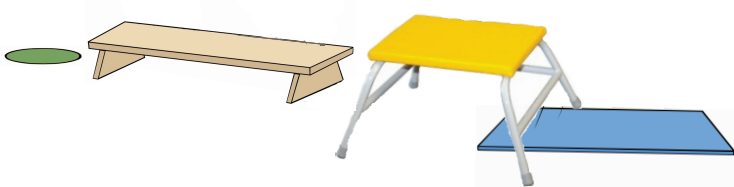
Space Station 2:
Table and mat.



Space Station 6:
Bench, table and mat.

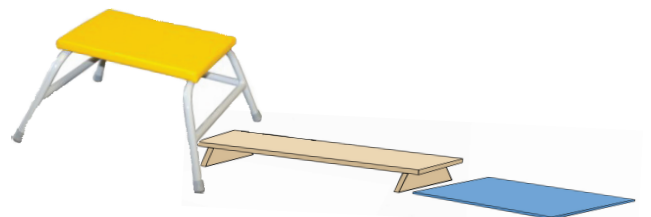
SAFETY:
Children to jump
onto mats.

Space Station 3:
Bench and mat.



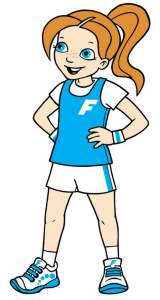
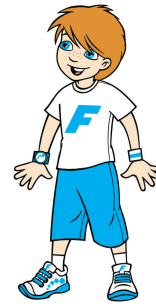
Space Station 5:
Table and mat.

Space Station 4:
Table, bench, mat.



Class Score Card **EYFS**

Challenge



You can record scores below:

Team Name	Tally	Total	Position
Jupiter			
Mercury			
Neptune			
Saturn			
Mars			
Pluto			