

How can you balance on equipment?

Yr 1

I can balance on equipment with some success

I can balance on equipment with some control

I can balance on equipment confidently whilst balancing objects on my head

EQUIPMENT:

Throw-down spots, throw-down strips, cones, wobble board, bench, quoits, Throw-down feet and music (happy).

Starter Activity
Read pages 6-9

Warm up: Aye, Aye Captain

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

Aye, Aye Captain: Stand tall, salute and call "Aye, Aye Captain."

Scrub the deck: Crouch down low and pretend to scrub the deck.

Shark: Show a balance.

Sinking ship: Jog on the spot and pretend to row the boat as fast as possible.

Man overboard: Pretend to swim as fast as possible.

Climb the rigging: Pretend to climb a ladder.

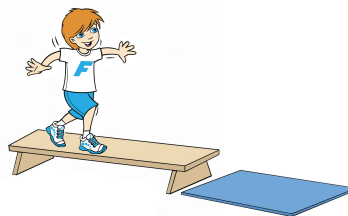
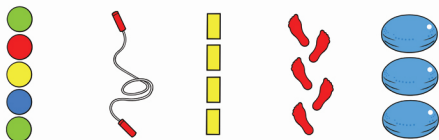
Activity 1: Walk the plank

Q & A of prior learning:

What is important when balancing?

Head, shoulders, knees and toes recap.

Teacher to set up different stations where children can walk the plank. (See below.) Children explore travelling in different ways on the planks. At the end of the plank, they pretend to jump into the sea.



Safety: When jumping, land on two feet with bent knees

Challenge: Children to walk the plank while balancing an object on their head. (Bean bag, quoits.)

Children to imagine they are swimming and swim to the next plank.

Children imagine they are walking the plank in the story and jumping into the cool blue sea.

Make it harder: **DIY (Do It Yourself)**

1. In pairs, choose some equipment and make imaginary planks.
2. Can the children show to the class?
3. Can they have a go on the other children's planks?
4. Teach another group how to use their plank. (AFL)

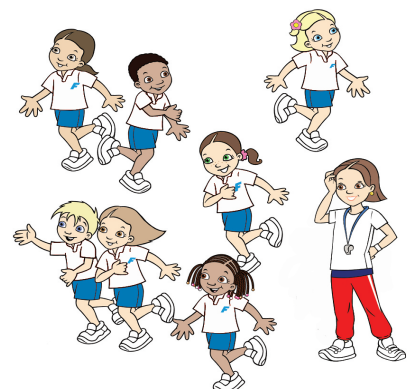


Activity 3: "SPLISH, SPLASH, SPLOSH"

1. Shark (child/teacher) stands in the middle/side of room.
2. Rest of the children find their own space.
3. All children chant "SPLISH, SPLASH, SPLOSH".
4. They freeze on the word "SPLOSH".
5. The shark replies – "I hear children skipping".
6. The children skip around and chant "SPLISH, SPLASH, SPLOSH" (again they freeze on "SPLOSH").
7. The shark chooses a different activity each time (jumping, hopping, etc.).
8. Suddenly the shark shouts "I'm hungry" and will try and catch as many children as possible.
9. If the children are caught by the shark they must FREEZE and show a balance.
10. Whoever is caught by the shark last becomes the 'new shark'.
Extension – you can have two or more sharks?

Book reference:

This is where the shark chases Freddy and Bobby in the sea!



Activity 4: Pirate Party

Children to dance around pretending they are eating, drinking and celebrating, having fun pretending to walk the plank. **Progress check**

You could add music and play musical statues.



Cool Down: Children to lie down in a space and pretend they have gone to sleep (like the pirates). Children to think about what they enjoyed in today's adventure.

Plenary: What did you need to think about when you walked the plank so you didn't fall off?
What did you enjoy most about today's adventure?