

How can you change direction when moving?

Starter Activity
Read pages
10-13

EQUIPMENT:

Cones with diamonds on the outside and coins on the inside. (Teacher to **draw on** before lesson.)
Throw-down hands, feet, spots and strips. Print resource maps.

Yr 2

I can change the direction and position of my body quickly, with some control

I can change the direction and position of my body quickly, with good control

I can change the direction and position of my body quickly, with good balance and control

Warm up:

Children to jog around an area and listen out for the commands:

Crow's Nest = Children stand on one leg

North = Hop forward

East = Side step to the right

South = Side step backwards

West = Side step to the left

Compass Point = Children all gather in centre of the room

Three in a Lifeboat = Children get into three's

Climb the Rigging = Children pretend to climb a rope ladder.

Submarines = Children lie on floor, with one leg raised like a periscope

Hit the Deck = Children lie down on their stomachs as quickly as possible (or get in plank position).



After your warm up, place your hand on your chest and the other hand on your head. What can you feel? You should be able to feel your heart beating faster, your breathing has increased and your body may start to feel warmer.

This is your body's way of telling you that you are ready for exercise- your heart has been pumping blood around your body, getting your muscles warmed up and ready for your activities. Do you feel happy and ready for your activity?

Activity 1: Hide or find the treasure

Split the class into two equal Pirate teams and name them '**Hide Treasure**' and '**Find Treasure**'.

Set up cones with 10 tennis balls on top (heads) and 10 balls underneath cones (tails).

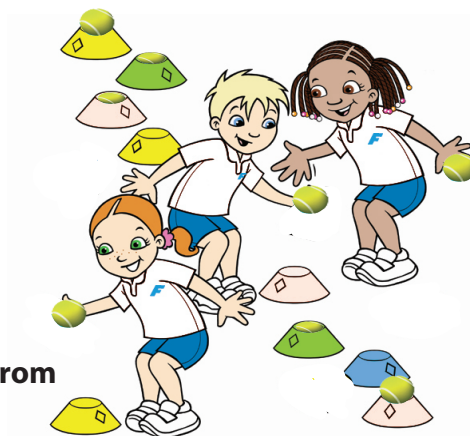
1 team is **Find** = place ball on top of the cones

1 team is **Hide** = place ball underneath the cones

When the teacher says "go!" children in each team have to run to each cone, placing the ball in the correct position.

No guarding cones. No more than one ball each

TP – Quick feet, look up, change direction, pushing off from the outside foot- this is called agility.



Activity 2: Slippery Stones

Lay out as many different stepping stones, e.g. hands, feet, spots, and throw-down strips as you can, from one side of the room to the other (If outside you can draw the island with chalk.)

Set up: Children to be in teams of 4.

Children to run across the stepping stones in teams. Each child to take a turn at leading.

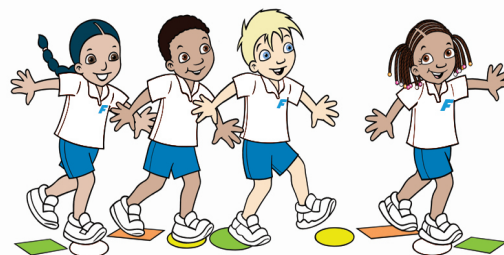
1. Can they run across, taking two steps to their left, then two steps to their right?
2. How quickly can they do it?

Challenge:

Time how quickly an individual in your team can get across the stepping stones.

Extension: Children have a treasure map each
Can they:

1. Children walk paces through (See Treasure map resource card)
2. Children jog the paces
3. Children move with quick feet as fast as they can



Remember to change your body position when moving across the stepping stones.

Book reference:

Freddy, Bobby and the pirates are moving across the stepping stones to the small island.

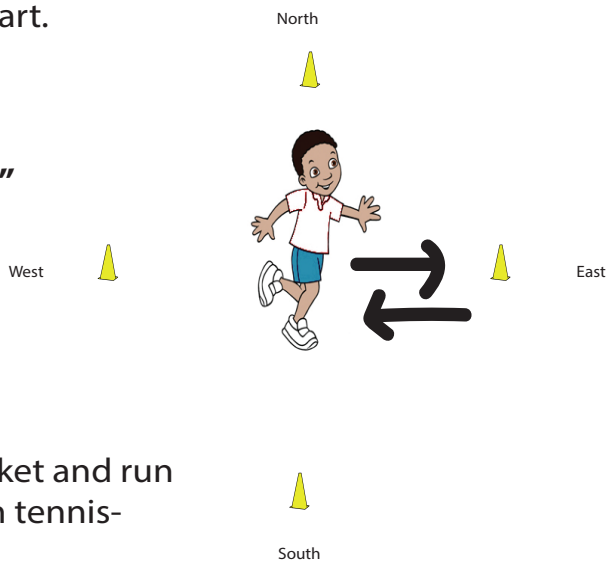
Q&A: What are the 4 compass points? North, South, East and West.

Children in pairs - They are to create the 4 points of the compass with cones, or spots. Place the points roughly 4 metres apart.

Player A stands in the middle of the compass.

Player B calls out a compass point e.g. **“South”** and Partner A is to sprint and touch the cone.

Player A must always run back to the middle before the next compass point is called. Swap over after 5 goes.



Make it harder: Balance a ball on a tennis racket and run to each point - **Linking learning** We do this in tennis- returning to the middle of the court.

Make it easier: Write down the compass points on the floor with chalk

Remember to change direction quickly. Remember push off with your feet and have light feet, keep on your toes



Physical activity is important to keep our bodies and minds healthy, but our bodies and minds need us to take time to rest and take part in calm activities as well.

When your body is calm (reading, doing a craft etc) what is your mind able to do?

What do you think the pirates did to rest?

Cool Down: Children pretend to dig in slow motion.

Plenary: What did you like about today's adventure?
How did you change direction quickly? What different ways did you move?

Progress check

Hopefully next week you will find some treasure!