

Objectives



- To be aware of why exercise is important for good health.
- To use equipment appropriately and move and land safely.
- To explain how the body feels before, during and after exercise.

Learning Points



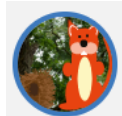
Health and Fitness Skills

- Exercise strengthens our heart, lungs, bones and muscles and can have a positive effect on how we feel.
- Changes to the body during and after exercise involve the heart, lungs (breathing), body temperature (sweating), tiredness/fatigue (muscles).
- Moving and landing safely is helped by having good health and fitness.

Agility Ball Chasing

- Start quickly and accelerate by pushing off hard with your feet.
- Drive your arms from 'hips to lips'.
- Keep watching the ball and concentrate on your timing.

Fundamental Movement Skills Focus



Sammy Squirrel

Agility Ball Chasing (FUNS Station 11)

Over a distance of up to 10 metres and turning both ways:

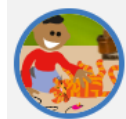


Yellow

- Roll a ball, chase and collect it in a balanced position facing the opposite direction.
- Chase a ball rolled by a partner and collect it in a balanced position facing the opposite direction.

Green

- Starting in a seated/lying position, throw a bouncing ball, chase and collect it in a balanced position facing the opposite direction.
- Starting in a seated/lying position, chase a bouncing ball fed by a partner and collect it in a balanced position facing the opposite direction.



Casper the Clever Cat





Yellow

Static Balance Floor work (FUNS Station 3)

- Hold a mini-front support position.
- Reach round and point to the ceiling with either hand in a mini-front support.
- Place a cone on my back and take it off with the other hand in a mini-front support.
- I can hold a mini-back support position.

Green

Key Vocabulary

fatigue	Tiredness of your body/ muscles
accelerate	Being still or stable during physical activity
mini-front support	
mini-back support	

Success

- Starting and stopping quickly
- Timing to get in the right position
- Balance/control when collecting ball



Review Questions

How many different ways can you stop the rolling ball?



What changes did you notice in your body during and after activities?