



BELLA

Character: Balancing Bella

Adventure 2: In the Army

Lesson Focus/ Learning Objective

To climb on equipment safely using alternative hands and feet.

Keywords: Climbing, body tension, control.

Link to ELG: Mounts stairs, steps or climbing equipment using alternate feet. (30 –50 months)

Length of Session: 45 minutes

Resources Needed: Gymnastics equipment and non slip spots

Success Criteria

- To use alternate hands and feet when climbing.
- To control their bodies whilst moving and performing movements.

In The Classroom

Explain today's adventure whilst the children are getting changed and which character will be taking us on that adventure... Bella. Describe today's learning objective and success criteria and read the narrative for the adventure setting. We are going to be using some of the travelling movements we used last lesson with Bella in space. When the children are getting changed you can ask them some questions about last week's lesson that will help them on today's adventure. Can you remember some of the different ways of travelling? What do you remember about making sure we are in control of these movement? What do we need to do to be in control? Let some of the children demonstrate what they chose as their 2 best movements and highlight what makes these movements high quality.

In The Hall – Warm-Up

Activity: We're Army Cadets and we need to listen to the instructions from the Commanding Officer.

The teacher is the Commanding Officer in the army. The children (Army Cadets) must follow the instructions that will later help them complete the army mission which they have been assigned. Teacher to call out commands of actions that the children learnt in last week's lesson; slither, slide, crawl, run, skip, side step and hop. **Praise children who have remembered to travel sensibly and are making sure their backs are straight, they are up on the balls of their feet, their arms are in control and they are pointing their fingers and toes.**

Main Adventure

Activity 1: The Commanding Officer would like your attention he needs your help to set out some equipment for his army assault course.

Children get out the gymnastics apparatus (benches, nesting tables etc) themselves remembering what they learnt from last lesson... (Lifting them by working in 2's or 4's and safe lifting by bending at the knees, keeping a straight back, using eye contact with their partner and walking sideways whilst carrying the equipment). This time a new piece of equipment is added; The climbing frame (if the school has one). Teachers get this out and then children are shown how to use this piece of apparatus safely. Climbing on it using alternate hands and feet. Always having 3 points of contact with the climbing frame and not going higher than they feel safe.

Activity 2: The Commanding Officer has set out an assault course that is designed to test your ability. He's watching to see who has good strength and body control.

Children must successfully work their way around the different apparatus in a circle, all starting at different places, so they are all active during the lesson. They must travel in the different ways they used in the warm up and try out the additional movement of climbing. The cadets must make sure they stick to the safety rules and show excellent control of their movements. Once all the cadets have completed the course successfully the mission will be complete. **Offer feedback as children work their way around the apparatus and praise children that are showing good control and body movement.**

Making The Tasks Easier

- Specify that the children/child have to walk or at least move at a slower pace.
- Choose easier actions and ways of travelling.
- Give the child/children more specific feedback and intervention about how to travel safely; (moving one foot then another, keeping their head up to see where they are going, moving at a slow controlled pace).
- Don't get the apparatus out to use if the children are not ready.

Making The Tasks Harder

- Challenge children to change the level, shape or speed they are working at whilst moving.
- Question children about the quality of their own movements and if any improvements could be made. Get children to give feedback to one another on the quality of their movements.
- Link pieces of gymnastics apparatus together for the children to travel over.

Feed Forward Notes for Next Session:

Notes On Individual Children's Needs:

Names/ Group	Reason	Learning Plan