

LET'S MOVE



Main objectives of the lesson:

- Shaping general fitness with a special attention to coordination
- A new game - "chookball"
- Playschemes with different forms of physical activity
- Introducing fair play rules
- Acquiring ability to deal with new situations with increased physical activity
- Ability to compete with joy and smile

Forms:

- playschemes,
- activities in a strict form
- supporting games
- small games

Teaching aids:

- handballs
- T-shirts in 2 colours
- mats
- "chookball" gates

1 warm-up activity

Team tag

2 teams, one of them has got a ball. Task - touch an opponent player with a ball, running with a ball and dribbling is not allowed. When you 'catch' the opponent, roles swap.

A team which doesn't have a ball after 1 minute of playing wins.

3 repetitions



2 activity - warm-up exercises, preparation to intensive physical effort

Standing in pairs - students pass the ball - different types of passes, additionally students do: arms circulations, sit ups, push ups, etc.

3 activity - pair game with elements of coordination

Players stand opposite to one another and count very fast to 3 taking turns, without stopping: 1,2,3,1,2,3. Then instead of 2 they bend forward (1 bend 3, 1 bend 3). The one who makes mistake loses a point. Then instead of 1 players clap their hands. In the last modification instead of 3 they do a sit up. A player with the biggest number of points wins.

4. activity - pair game with elements of coordination

Players stand opposite to one another in about one meter distance. In a half of this distance there is a ball. On the teacher's signal the players are supposed to touch a chosen part of a body (elbow, knee, hip, head). In a given moment the teacher shouts: 'ball'. The player, who catches the ball first, gets a point. They play up to previously set number of points.



5. activity - team game "noughts and crosses"

2 teams, each has 3 t-shirts and 1 ball - a player runs with the ball and the t-shirt - dribbles the ball and leaves the t-shirt on the one of 9 tags (set in a form of square). The team which first put three t-shirts in a row or line wins. Players 4 and 5 change places of their t-shirts.



6. activity - "chookball"

Game rules (adjusted to our gym):

2 teams, 4 players each + backup players, on the two opposite sides of the gym there are special gates. The pitch is divided into 3 zones: a middle and 2 end zones. In front of the gates there is a goal area 3x 2 meter.

You get a point when you bounce a ball from the gate in such a way to let your teammate catch it.

You get a point attacking both gates.

You are not allowed to: dribble a ball, run with a ball - maximum 3 steps, attack a player with a ball - you are supposed to catch a pass, enter a goal area



When you score a point or intercept a pass, you need to play a ball to a middle zone.

The game is intensive, so substitutions are all the time



7. activity - calming down

Players lie on the floor breathing deeply. They regulate their breath - 3 seconds breath in, 3 seconds breath out - 8 repetitions.

Then they repeat the activity but after 24 seconds /8 repetitions they get up - time control