

Activity Area **Games (fundamentals)** Focus **Dexterity + Determination** Key Stage **3/4**



Introduction: This learning challenge isbased around 'an escape room style game' to improve hand/eye co-ordination, fine motor control/ dexterity determination to improve your ability and collaboration with others.



Learning ambitions ... an ASK from every lesson:

Attitudes	Skills	Knowledge (inc. vocab)
Show determination and patience in learning a new and challenging task. Develop trust if using a blindfold.	Develop hand-eye coordination and fine motor skills.	Understand the meaning and importance of dexterity, determination and coordination.

Activities (challenges)	Approaches (ideas to intro & teach)	Assessment (ideas for diagnostic, formative & summative assessment)
Warm up - exercises with throwing and catching variations. Escape room style task - complete a number of throwing tasks within a certain time period. Live competition between teams.	Start the lesson live by checking in on the students. Ask pupils if they are aware of any remote learning challenges/trick shots. Warm-up - Introduce the challenge and send away to practice. Students to complete a table to keep track of their score/points.	Diagnostic – all students to record their success in the warm-up (e.g. did they manage to perform 6/6 of the throwing and catching variations?) Formative – students to keep a simple record of attempts, effort (practice time committed) and progress. Summative assessment – students to submit a video of their best attempt with an introduction explaining what contributed to the success of this attempt

Key terms (vocab utilised)	Big questions (to help structure learning & reflection)
A - Dexterity = skill in performing tasks, especially with the hands. B- Co-ordination = ability to use different body parts together with control & fluency within a task. C- Fine motor control = movements using small muscles in hands & wrists (not gross movements which are bigger muscles & movements).	1. Can you design a game that would further develop the skills used in this activity? 2. Thinking about the skills that you have used, what sports do they relate to?

Teacher resource for QPE @ home

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Initiated & Co-ordinated by:



With thanks to the PE community for ideas that inspired the creation of this resource and specific thanks to:



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