

Year X Unit X – Insert Overall Concept

Concept Title

Insert Lesson Description

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Insert Lesson Description

Lesson Description
Add Lesson Description

Know
Add Know Objective

Show
Add Show Objective

Grow
Add Grow Objective

L **Lesson Introduction**
Lesson Concept:

E **Energise, Explore and Link**
Energiser and Exploration Activity:
Link Questions:

A

Activity 1	Activity 2
Activity 1: (insert your planning here)	Activity 2: (insert your planning here)

Activity 3
Activity 3: (insert your planning here)




D **Discovery / DIRT Plenary**
Discovery Questions:

Teachable Moments
Targeted Learning:

Discussion Points:

Equipment Required in Lesson
Energise, Explore & Link Activity:
Activity 1:
Activity 2:
Activity 3:

Physical Domain

	Locomotion
	Balance & Stability
	Object Control

Suggested Energise, Explore & Link

Physical Domain:



Equipment Required: Soft balls

Group Size: Teams of 4 or 5 (shuttle) with 2 or 3 in no team (meteors)

- Get the children into teams of three or four, they will form one shuttle. Keep two or three children out, they will be throwing the meteors.
- The children in the shuttles must stand in a single file line with their hands on each others shoulders. The astronaut in front is the pilot and will dictate the direction of the shuttle.
- The children not in a shuttle should be given a soft ball. They will throw this at the children in the shuttle. If they hit an astronaut in the shuttle, the astronaut that was hit must leave the shuttle and swap with the astronaut that hit them.
- The meteor throwers are not able to move with the ball and can only throw it from where they pick the ball up from.



Support & Challenge

- Make it easier by reducing the size of the shuttles, the number of students throwing the meteors or increasing the activity space.
- Make it harder by increasing the number of students throwing meteors, the number of students that make up the shuttles or reducing the activity space.

Teachable Moments

Link Question:

- How did you talk to people in your shuttle to avoid the meteors.
- Who communicated well? How?

Activity:

Physical Domain:



Equipment Required: Insert Equipment Required

Group Size: Insert Group Size

- Insert Activity Instructions

Support & Challenge

- Add challenge
- Add Support

Teachable Moments

- What might teachers need to look out for?

