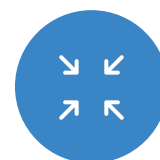


Week 11

CORE



Unit 2
Core

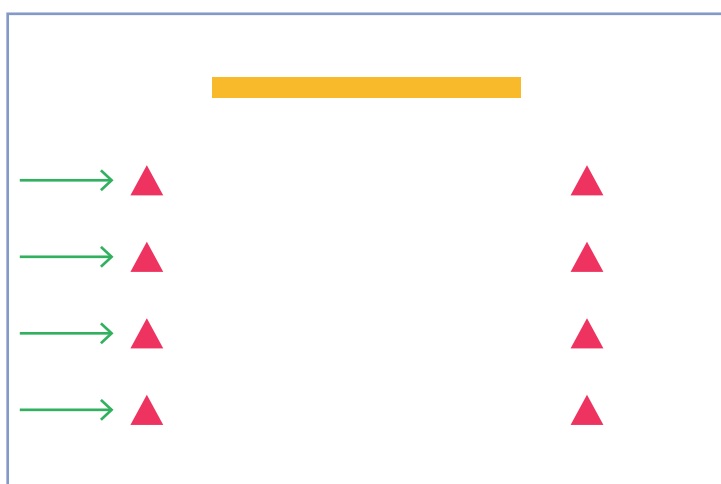
Task setup

Select a team of 6-8 people.

One person collect two cones.

Set up task as outlined below. All pupils to sit in a straight line behind the start cones.

Set up of group work:



Teacher input / differentiation

Encourage pupils to select a team of 6 people before the lesson commences.

Staff to select 3 taggers for the warm up game (3 rounds)

(Less able pupils can have teams of up to 8)

More able can have teams of 4 in order to further challenge them if numbers and space allow.

Staff to assist with setting up for the group work challenges as per the diagrams.

Equipment Required

3 x bibs for taggers

Stack of cones

Lesson Objectives

ALL - Will be able to continue running to avoid getting caught, and will never be stationary

MOST - Will be able to understand that failure is not necessarily a bad thing and that it can be used to foster success

SOME - Will be able to perform more complex ab exercises such as flutter kicks, with good technique to really challenge their core

Success Criteria

I understand the significance of failure to achieving success and know that failure is not permanent

I am able to transition between different exercises with focus and speed