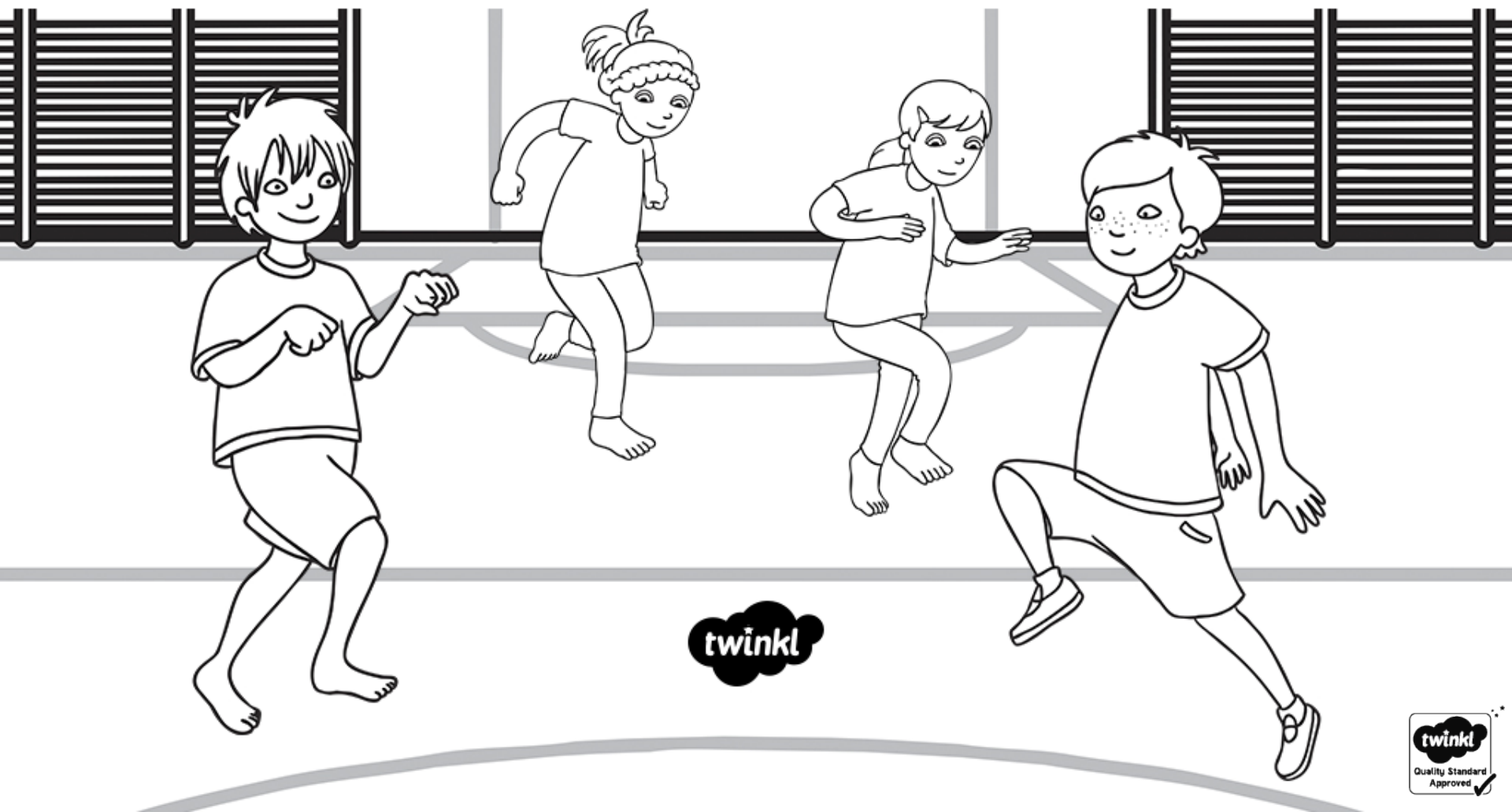


Speedy Squirrels



Aim

- I can create a sequence of movements that flow well.

Success Criteria

- I can add a movement to my sequence to add flow.
- I can copy a movement sequence.
- I can repeat and improve a movement sequence so that it flows.
- I can create, improve and perform my own movement sequence.

Can you make a sequence that flows well?

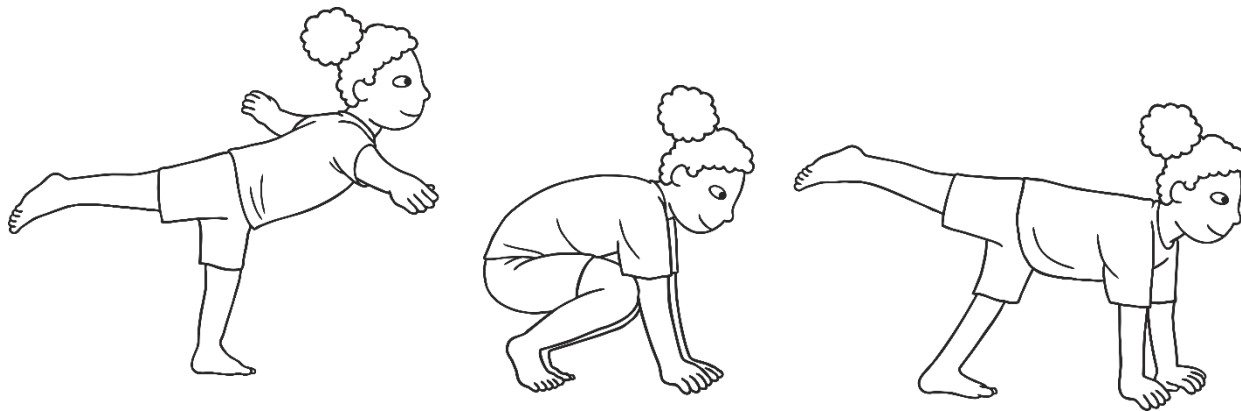


① What is a sequence?

A sequence is a series of movements done one after the other.

② What does flow mean?

If your sequence flows well you will move smoothly from one movement into the next.

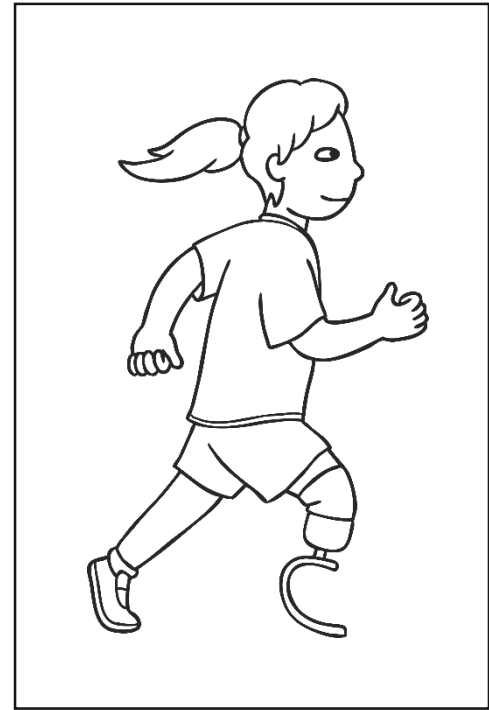
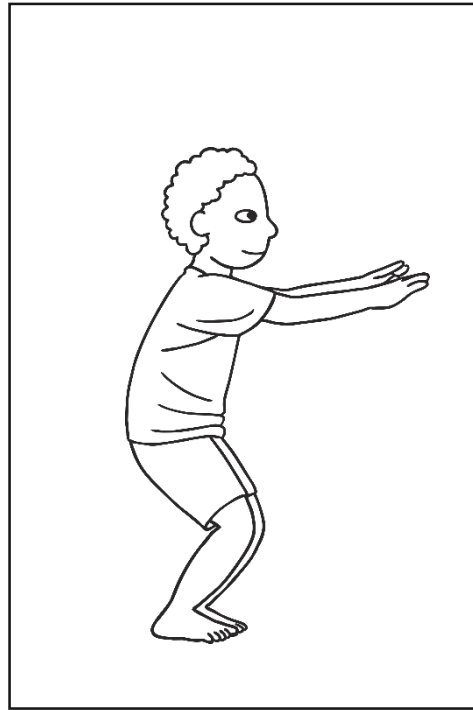
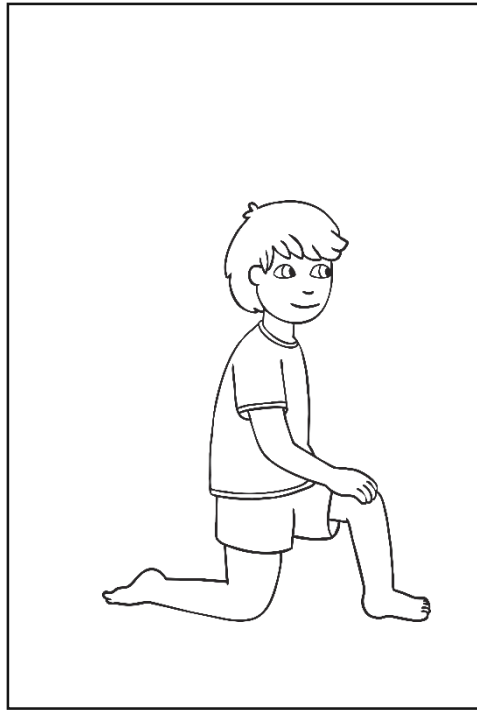


Warm-Up



Let's get ready for today's PE lesson by increasing our heart rate and warming our muscles.

① Why is it important to do this before doing exercise?



Watch

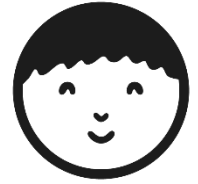


Watch a video clip of some speedy squirrels.



② How do they move?

Speedy Squirrels



Travel about like squirrels. You might skip, run, jump, twist and turn. When the Teacher shows a Speedy Squirrel Card do the action on the card.

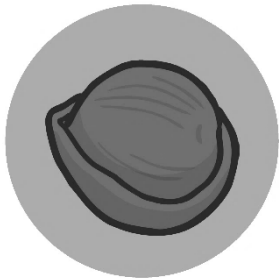
Remember to make sure the space is clear before you roll or jump!

? Can you make contrasting movements? Can you roll in a small curled shape then in a long thin shape for example?

Speedy Squirrels Cards

1. Nut

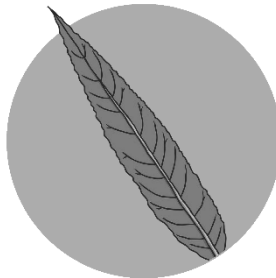
Roll in a small curled shape.



Speedy Squirrels Cards

2. Leaf

Roll in a long thin shape.



Speedy Squirrels Cards

3. Cone

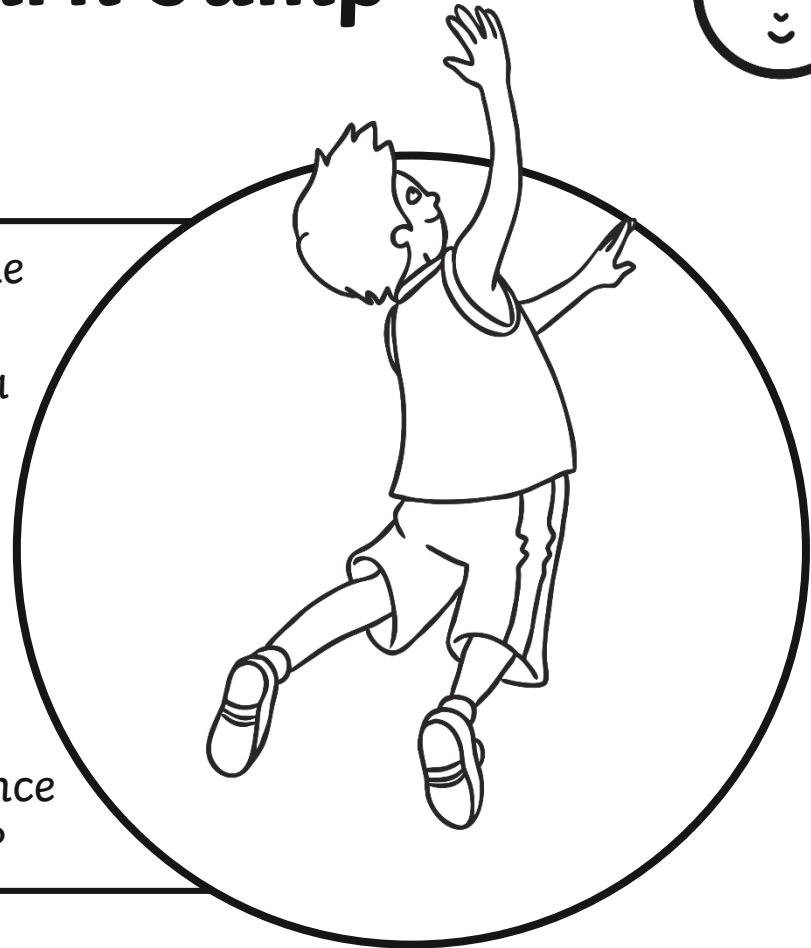
Roll in a wide shape.



Half-Turn Jump



- ① Can you jump and turn at the same time?
- ② Can you travel and then do a half-turn jump to make a sequence of two moves?
- ③ Can you travel, then do a half-turn jump and then a roll to make a sequence of three moves?
- ④ Can you practise your sequence and make it flow really well?



Move It



Move around, along, over and under the equipment in the different ways you have practised in the unit. You will be doing some contrasting movements next.

Contrast means the opposite.

You might do a small curled roll and then a log roll. One is small and curled. The other is long and stretched.

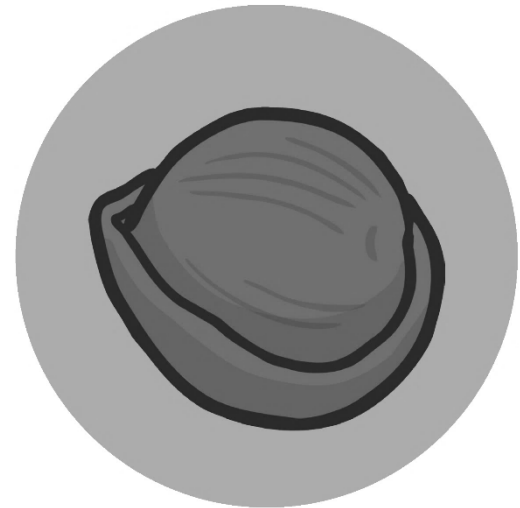
Try to make them flow by having the first movement finish in a position ready to start the next.

② Can you think of contrasting ways that you could move?

Speedy Squirrels Cards

1. Nut

Roll in a small curled shape.



Move It



Try rolling like a nut in a small round shape close to the ground.

What contrasting movement
❓ could you put next in your movement sequence?

Try a half-turn jump, a high, long thin shape.

Can you think of another
❓ contrasting movement to put next in your sequence?

Speedy Squirrels Cards

4. Bird feeder

Jump and turn to reach the birdfeeder.



Finish your sequence with a low, wide shape on the ground. Practise your movement sequence until you can flow from one movement into the next.

❓ Can you move smoothly from one movement into the next?

Speedy Squirrels Cards

5. Splat

Make a wide shape on the ground.



Move It



Let's try another movement sequence.

Travel in a slow, low shape.

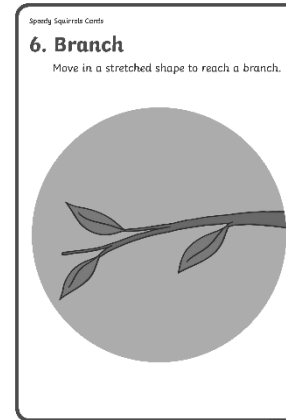
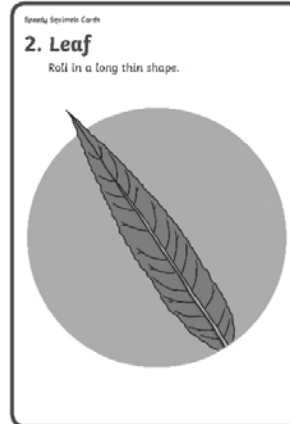
② What contrasting movement could you put next?

Drift down low and roll quickly in a long, thin shape.

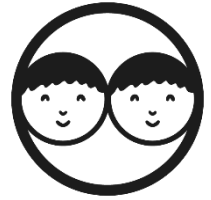
③ How could you finish your sequence?

Stretch up tall and hold the position still.

④ What interesting movement sequences can you make?



Perform



Perform your movement sequence to your partner.

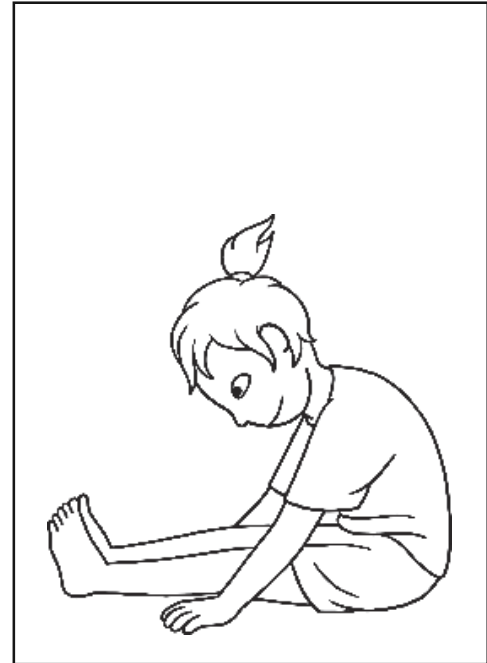
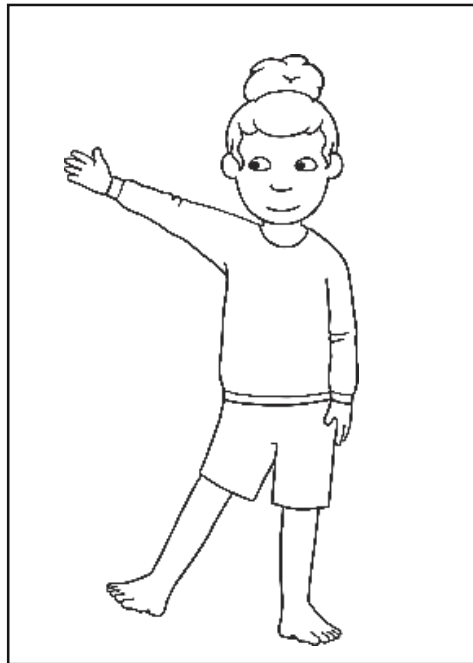
- ① Do your movements flow well?
- ② How could you improve the flow of your movement?
- ③ Do you have a contrasting movement in your sequence?



Cool-Down



Complete the cool-down activity to complete your exercise.



Aim



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