



Collector

What's needed

- 4x Home Mats
- 10x Action Mats
- 1x Hoola Hoop
- 20x Bean Bags

How to play

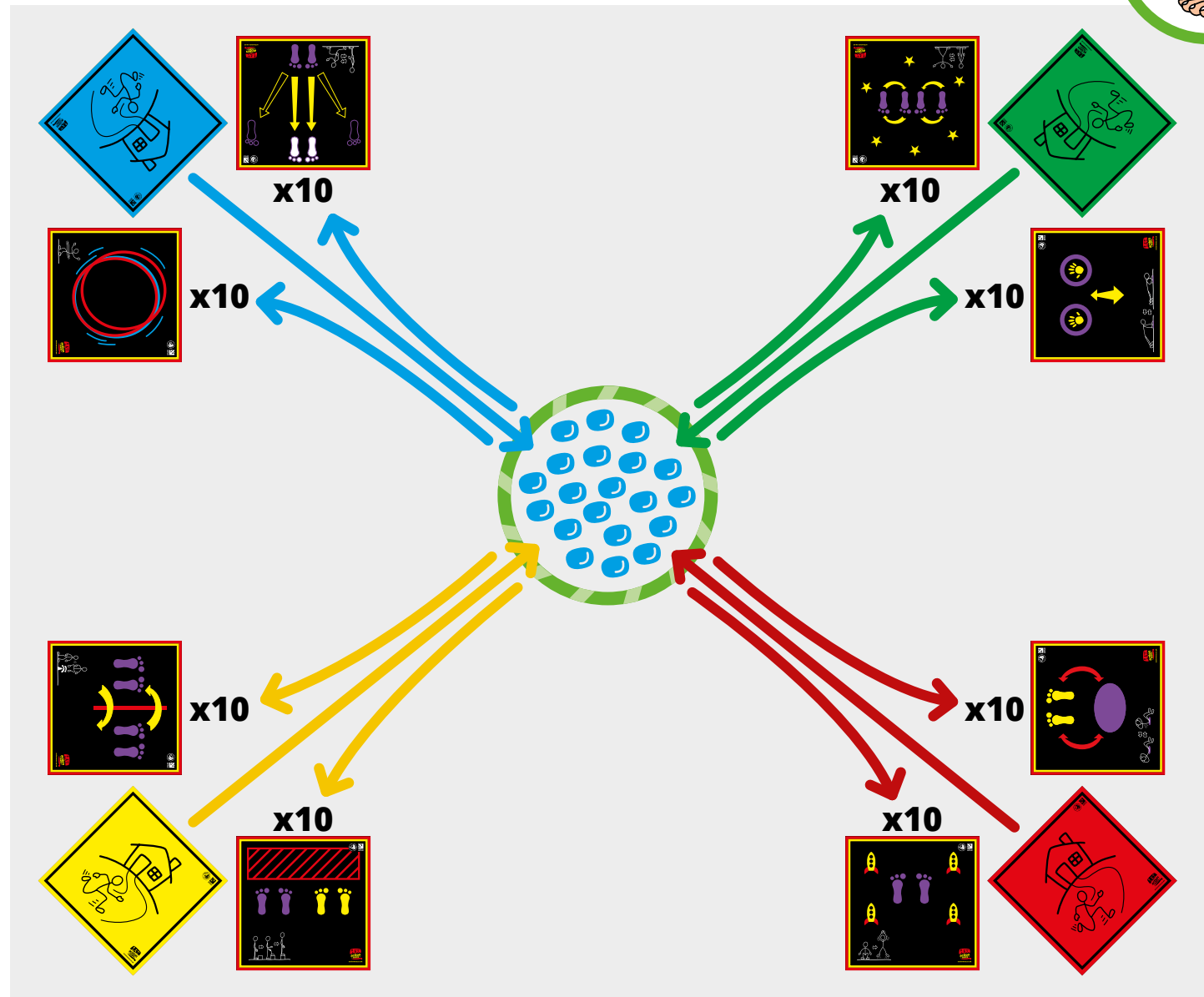
The aim of this game is to collect the greatest number of bean bags for your team.

Starting at your home mat, race to the middle to collect 1 bean bag. Take the bean bag back to 1 of the Action Mats next to your home mat and perform 10 reps of the exercise.

Then tag in the next player of your team, to repeat the process.

The winning team is the team with the greatest number of bean bags at the end.

The Setup





Suggested age range

KS1 and KS2

Learning outcome

To play a competitive game whilst building strength, flexibility, control and balance.

Reference: Physical education programmes of study: key stages 1 and 2 National curriculum in England (DfE-00176-2013)

Success criteria (measuring impact)

Demonstration that giving one's personal best, contributes to the team doing their best

Risks to be considered

- Suitable clothing and footwear is worn by the children and anything that could obstruct or cause injury has been removed
- The right equipment is available and has been checked
- The area is safe and clear ensuring any hazards have been removed
- Safety information is highlighted to all
- SEND pupils and other vulnerable groups (e.g. EAL) have suitable support to take part in the activities

Assessment for learning questions (adapt for key stage)

Pre-activity:

- What is the difference between competing in a team and competing on your own?
- How can you encourage your other team members?

Post-activity:

- What did you do better or differently to improve your personal best?
- What could you do better or differently to improve your contribution to the team?

Warm Up

Perform two rounds for 30 seconds each. Rest for 10 seconds in between each exercise:

- Lunges 30 second /10 second rest
- Plank 30 second /10 second rest
- Press ups 30 second /10 second rest
- Rocket jumps 30 second /10 second rest
- Sit ups 30 second /10 second rest
- Star jumps 30 second /10 second rest

Differentiation and personalisation

- Increase the difficulty of each activity e.g. hold the plank for longer
- Add the variation of completing with the bean bag on their head
- Change movement instructions to skip, hop, or moving backwards, instead of running
- Ask a child to lead warm-up or cool down

Main focus

To collect the greatest number of bean bags for your team within the specified time

Cool down

Teacher leads - 30 seconds per stretch

- Plank with a superman stretch
- Hula hoop motion without the hula hoops, slowly
- Static lunges with side stretch
- Static Rocket Jumps -Squat and lift
- Calf stretch

Reflect

In which activity do you think you have demonstrated your personal best?

What improved skills have you achieved?

Where do you feel you could have done better?

What would be your goal for next time?

What have you learnt about yourselves today?