



## The Setup



# Jigsaw Race

## What's needed

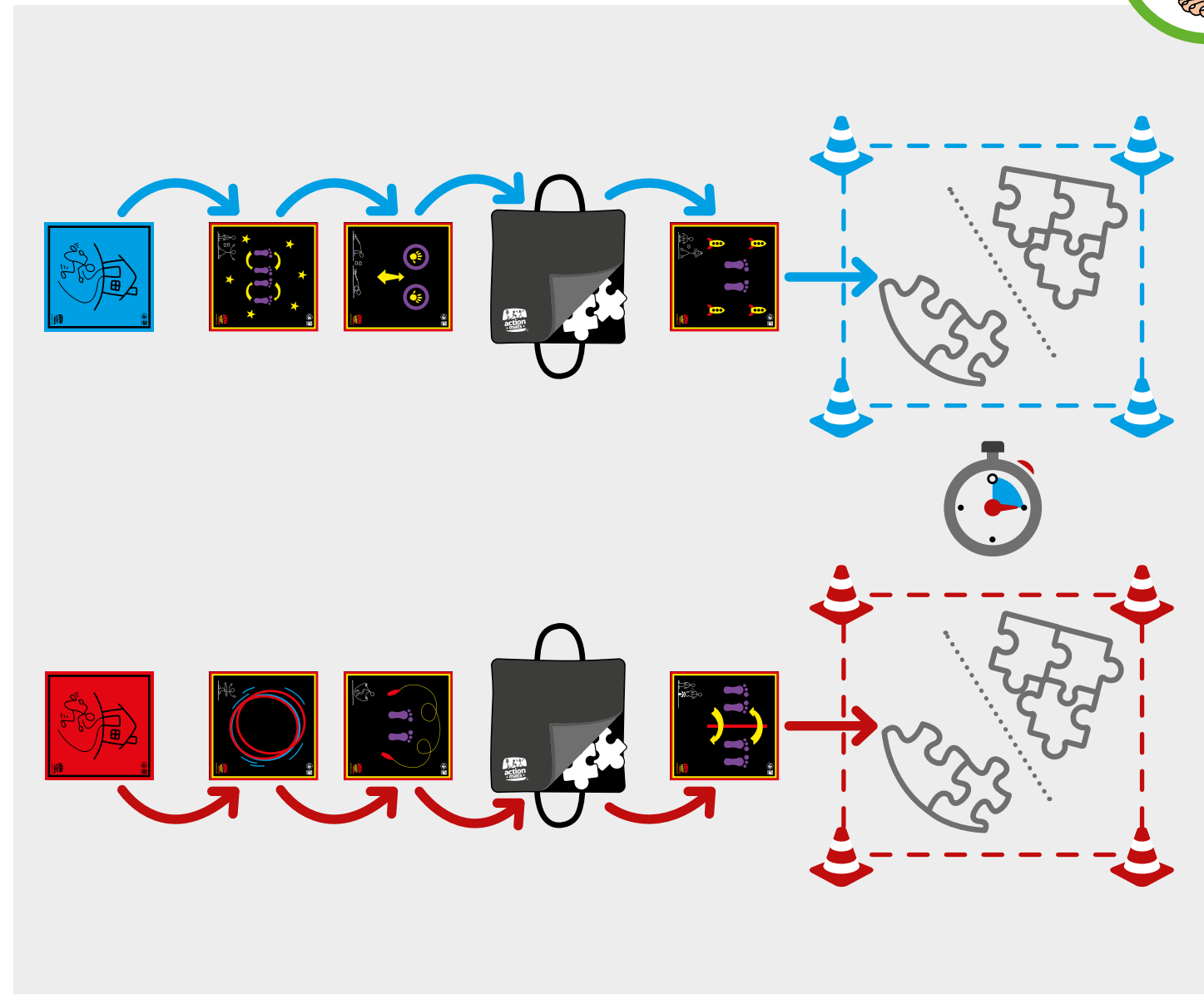
- 2x Home Mat
- 6x Action Mats
- 2x Jigsaw Sets
  - Round jigsaw = skill level 1
  - Square jigsaw = skill level 2
- Stopwatches/Timer
- Music

## How to play

Set out 2 Action Mats after the home mat then the mat bag with all the jigsaw pieces in and then 1 final Action Mat. Mark out an area at the end for the jigsaw to be made.

Players set off from their home mat to complete the first 2 exercises, they then collect 1 piece of the jigsaw from inside the Action Mats storage bag and continue to the third exercise. The second player in the team can set off once the first player has finished their first exercise.

Once the third exercise is complete they can enter the jigsaw zone and have 15 seconds (allow more or less time if appropriate) to make the jigsaw. The race continues until the jigsaw is complete or the teacher calls an end to the game. The winners being the team with the most pieces/complete jigsaw.





## Suggested age range

KS1 and KS2

## Learning outcome

To practice movement patterns that are used across different sports, such as speed, running, collecting, analytical skills and stamina

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

## Success criteria (measuring impact)

Supportive teamwork to finish the jigsaw as quickly as possible in a specific time frame

## 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:

- How does practice help improve control and technique?
- What strategy can you use to improve on your personal best?

### Post-activity:

- What did you do better or differently to improve?
- What difference did the pressure of time make on your performance?

## 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

- Work in pairs
- Increase the number of exercise repetitions at each station
- Use timers to count how many repetitions can be done within a time frame per pupil
- Introduce music as a timer-when the music stops the game is over
- Ask a child to lead warm-up or cool down

## Main focus

Children developing basic skills for acceleration

## 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?