



Treasure Island

What's needed

- 6x Action Mats
- Hula Hoop
- Bean Bags
- Stopwatch/Timer
- Music (optional)

How to play

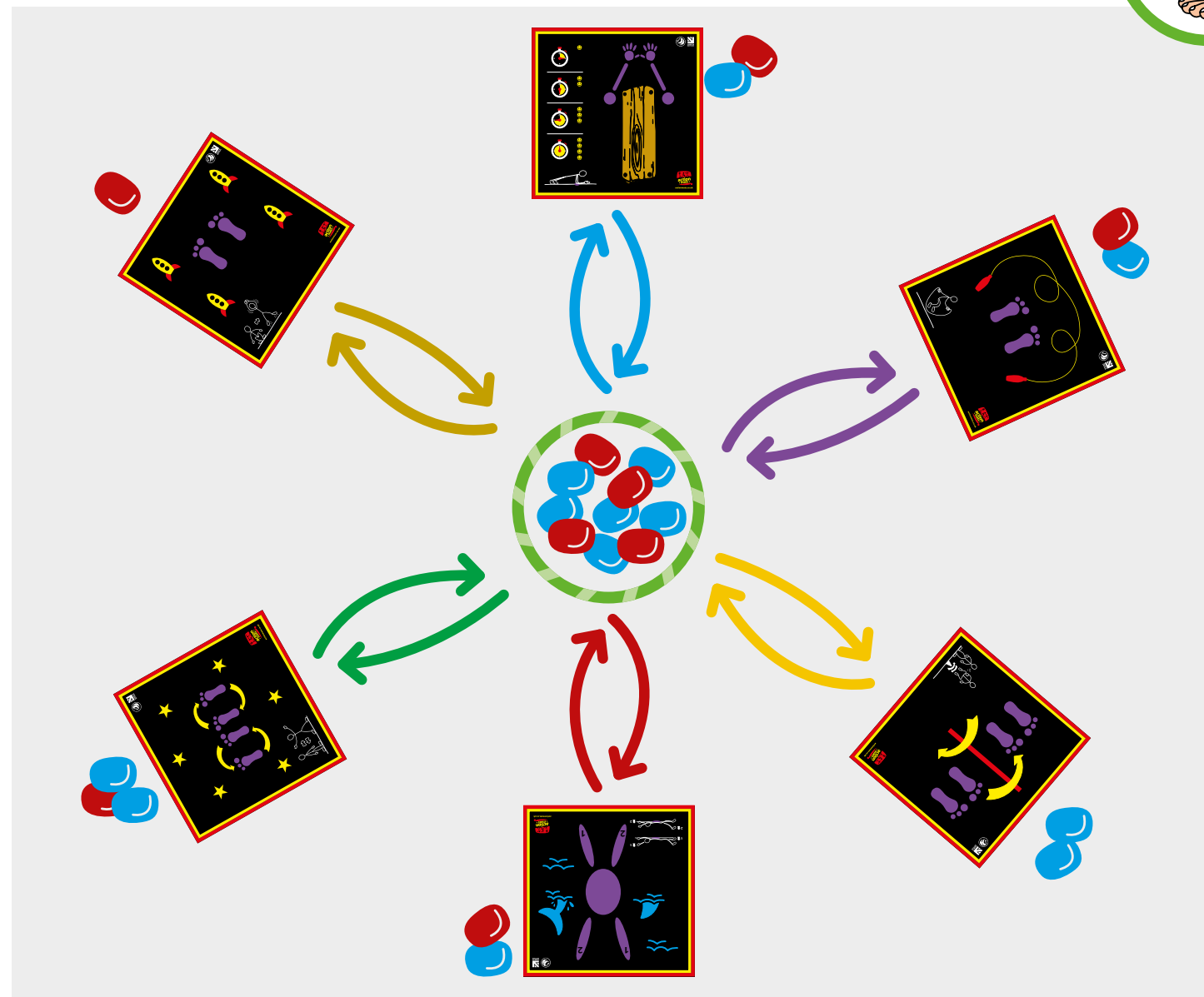
Set the Action Mats in circle of 6 mats and in the middle place a hoola hoop on the floor with lots of bean bags inside.

The players enter the hoop 1 at a time and take a bean bag (treasure), balance it on their head and walk back to their mat (the island) and then start completing their exercises.

Whilst 1 person from their team is walking to the hoop their teammates perform their exercise. If the player drops the bean bag from their head they have to put it back in the hoop.

Once all the treasure has been collected and returned back to the islands then the team with the most beans bags are the winners.

The Setup



Game created by
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Suggested age range

KS1 and KS2

Learning outcome

To master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility and co-ordination in a game-like situation

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

Success criteria (measuring impact)

Application of previously learnt skills whilst playing a structured game

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 one skill are you going to focus on improving, as you apply it in a game scenario?

Post-activity:

- Reflect on the one skill you want to improve – how did that go?
- What adaptations would you suggest for the game?

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

- Include time limits using a stopwatch or music
- Include tag and pirate roles to guard the treasure, thereby involving an offense and defence dimension
- Ask a child to lead warm-up or cool down and link to theme of the game e.g. use a pirate voice

Main focus

To use skills & strategies to develop tactics for other sports such as football, cricket, netball, basketball.

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?