



# Lucky Dip

## What's needed

- 2x Home Mats
- 10 x Action Mats
- Cones
- Stopwatch/ music (optional)
- Resource Sheet for recording individual results

## How to play

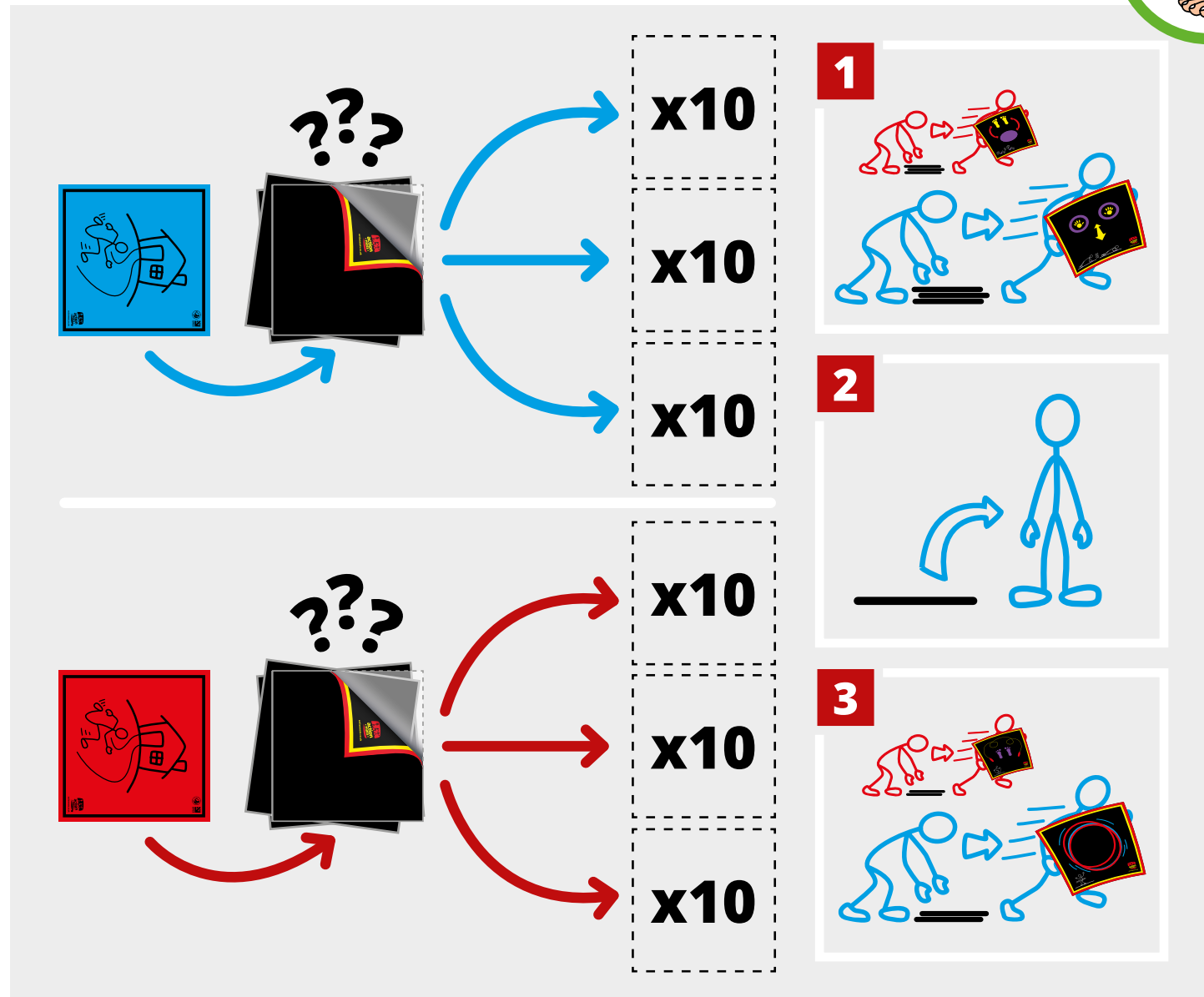
Action Mats are split evenly between 2 teams and placed face down in front of their Home Mats.

Players then make a lucky dip and select 1 of the Action Mats, they then race to the other side of the hall and place the Action Mat down face up and perform the activity that is on the mat.

Once the activity has been performed the player waits by their Action Mat for the next player to make their lucky dip.

Mats are shuffled and teams swap sets in order to go again.

## The Setup





## Suggested age range

KS1 and KS2

## Learning outcome

To build confidence and set a personal best

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

## Success criteria (measuring impact)

Improvement in individual scores

## 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?
- How can you improve on your scores to help 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

- Partner work at each station, so pair help record each other's personal best
- Use music to keep the session moving
- Pace: reduce or speed up the time allocated to perform each exercise
- Ask a child to lead warm-up or cool down

## Main focus

Using skills learnt to perform exercises independently and improve personal best

## 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?