

Animalympics



This lesson will allow the children to demonstrate their knowledge of the animal kingdom and apply the theories learnt in the classroom. The activities will encourage the use of communication, control and balance, as well as working to reinforce their knowledge of animal attributes. They will develop flexibility, strength, technique and take part in outdoor and adventurous activity challenges both individually and within a team

KS2 PE Lesson Plan

1 hour

Equipment

- Cones
- Beanbags

Key learning outcomes

- Use of sequences of movement
- Evaluation skills
- Developed communication skills
- Control and balance
- Friendly competition

Time	Activity
20 mins	<ul style="list-style-type: none">■ Split the children into two groups. One child from each group is a sparrow hawk, the other children are trees and surround them in a tight circle. The 'trees' have a beanbag, which is a sparrow. The 'trees' must throw the 'sparrow' to one another and the 'sparrow hawk' must catch the 'sparrow'. Once the 'sparrow' is caught, the 'sparrow hawk' swaps with a 'tree'.■ The 'trees' might realise that it is safer to pass the 'sparrow' from tree to tree, rather than jumping over the 'sparrow hawk'.■ Round off the activity with a discussion about how prey avoid their predators and talk about the importance of tree cover.
20 mins	<ul style="list-style-type: none">■ Divide the group into two equal teams. Try to mix them up from the last game. One team are tricky foxes and the other are wise owls.■ Read a statement aloud to the children based on something you have recently learnt. If the statement is true, the 'wise owls' chase the 'tricky foxes'. If the statement is false the 'tricky foxes' chase the 'wise owls'.■ Any team members caught join the other team
20 mins	<ul style="list-style-type: none">■ The river should be marked out at about 1 meter width with cones.■ One child is a pike and must stay in the river at all times while the other players try to cross the river, one at a time, without being eaten by the pike. If a player is eaten, they help the pike grow a tail by holding the 'pike's' waist. As the tail gets longer, the pike's head can leave the river as long as the tail remains in the water, making it harder to cross the river.

