

Multi Skills Festival– Captains Orders

Learning Outcome:

By the end of the activity, pupils will be able to successfully perform a range of movement skills.

Physical Outcomes:

Mobility ☒

Agility ☒

Speed ☒

Strength ☐

Power ☐

Balance ☒

Fundamental

Movement Skills:

- Walking
- Running
- Leaping
- Jumping
- Galloping
- Skipping
- Turning
- Bending
- Landing
- Stretching
- Extending

Personal Challenge:

Can you perform each movement skill better than you did the first time?

Equipment Needed

- 20-30 Cones (Different Colours)

Safety Points

- Make sure you look in the direction you are running or walking so that you don't bump into someone else.
- Make sure there is sufficient space for the pupils to run to each side.

Activity Description

- Set up the activity
- Greet children and escort them from previous activity. Ask them to put drinks bottles down safely out of the way of the activity.
- Introduce yourself to the pupils.
- Give a clear explanation of activity.
- Provide a visual demonstration of each of the individual movements you are going to use and give the pupils different ideas.
- Pupils spread out in the area.
- Call out different movement skills such as running, walking, jumping, galloping, skipping and hopping. On your command, each of the pupils performs that skill.
- Call out stop and go where the pupil must stop and balance where they are. Dictate how the pupils should perform the balance, for example one hand one foot.
- Once you call out a colour, all the pupils must run to that side of the area.
- Repeat using different movements and calling different areas.

REMEMBER- SMILES

Safe: Participants feel physically and emotionally safe.

Maximum Participation: Participants are fully involved all of the time.

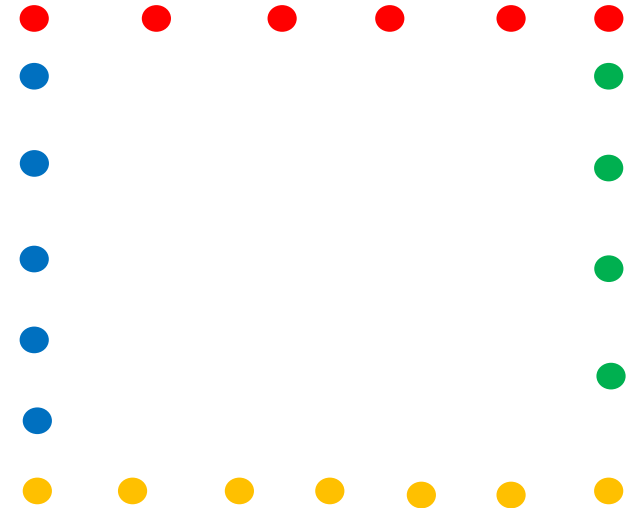
Inclusive: All participants can take part.

Learning: Participants develop personal, social, creative, thinking and physical skills.

Enjoyment: Activities recognise individuals personal needs and interests.

Success: Participants feel they are making progress and getting satisfaction.

Diagram



Coaching Points

- Make sure you look where you are going so you do not run into anyone else.
- Try to perform each movement correctly, rather than quickly.
- Use your arms for balance if needed.

Easier/Harder (STEP Principle)

- Space: Increase or decrease the size of the area marked out with cones.
- Task: Change the commands given to the pupils.
- Equipment: Ask the pupils to hold or balance a piece of equipment at the same time.
- Participants: Get the pupils to work in groups to perform different balances.