

# Multi Skills Festival– Movement Skills

## Learning Outcome:

By the end of the activity, pupils will be able to complete a course demonstrating a range of movement patterns such as hopping and jumping.

## Physical Outcomes:

Mobility ☒

Agility ☒

Speed ☒

Strength ☐

Power ☒

## Fundamental

### Movement Skills:

- Walking
- Running
- Bounding
- Hopping
- Jumping
- Turning
- Landing
- Extending
- Flexing

## Personal Challenge:

Can you complete the course faster than you did the previous time?

## Equipment Needed

- 15-20 Hurdles
- 15-20 Spot Markers
- 15-20 Cones
- 15-20 Tennis Balls
- 3-4 Hula Hoops

## Safety Points

- Ensure there is sufficient space between each of the groups.
- Ensure the hurdles are placed correctly for the direction the pupils are running

## 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.
- Explain that the activity is going to focus on movements such as running, hopping and jumping.
- Give a clear explanation of activity
- Provide a visual demonstration.
- Split pupils into small groups (4-5 pupils).
- Pupils line up behind the start line. The first pupil picks up the first tennis ball and moves it across to the opposite cone. Continue this for all the cones.
- The pupil runs out and touches each of the cones. Then they, jump over the hurdles and hop on each of the spots.
- When they get to the end, the pupil then runs down one side and tags the next person who can start.
- On the second attempt, challenge the pupils to see which group can perform the whole circuit in the quickest time.

## REMEMBER- SMILES

**Safe:** Participants feel physically and emotionally safe.

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

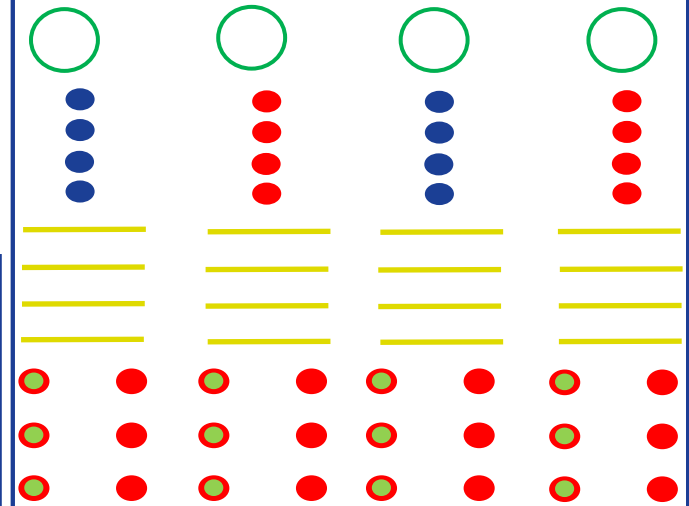
**Inclusive:** All participants can take part.

**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

- Keep your head up and look forward when jumping.
- Keep your feet shoulder width apart.
- Bend your knees to help you jump and to keep your balance when landing.
- Use your arms to keep yourself balanced.

## Easier/Harder (STEP Principle)

- Space: Increase or decrease the overall course length.
- Task: Change the movement patterns the pupils should use.
- Equipment: Increase or decrease the number of hurdles and markers.
- Participants: Work as a team to complete the relay as fast as possible.