

Physical Challenges

Year 1/2



Citizenship

Subject Focus: Taking part - developing skills of communications and participation

★ OAA

Objectives Pupils will learn to:

- describe what effective listening involves
 - understand ground rules and give examples of what following them might mean
 - take turns in discussions and take different views into account
 - offer ideas in a group, and agree on a simple response as a group
 - recognise that there may be conflicting views and a need to compromise
 - recognise that different choices are made for different reasons
 - understand the difference between right and wrong
- ★ use a range of skills to lift and carry equipment
 - ★ understand the purpose of an activity and plan their actions so that they are successful
 - ★ choose simple approaches to solve the problems they are set
 - ★ work cooperatively with others on tasks
 - ★ work cooperatively with others.

Activities

Line Up

- Ask the children to stand on a bench, plank or between two lines all facing the same way.
- Without stepping off, the children must change places to re-arrange themselves in alphabetical, height or birthday order.
- If anyone steps or falls off, discuss why, make a new plan and start again.

Crossing the Swamp

- Provide the children with a variety of equipment such as spots, carpet squares, milk crates etc.
- Working in groups, the children must get across the 'swamp' i.e. the hall, without getting their feet 'wet'.
- If anyone falls into the swamp, start again (NB. Stress that this is a challenge and NOT a race).
- Finish with all of the equipment on the other side.

Blindfold Trust

- Set out a very simple obstacle-style course. Working in pairs with one blindfolded, the children must travel around the course, holding hands, going under, over, through, along, onto obstacles they encounter. Encourage the 'seeing' partner to give instructions to their partner. Once the children are confident the blindfolded child could travel alone with only their partner's instructions to guide them.

Get moving,
Get learning



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