

Cynllun Gwers / Lesson Plan						
Dosbarth: Bl./Yr. 3 & 4		Dyddiad/Date: 29/04/22	Nifer o ddisgyblion/No of pupils: 10 Mixed Ability / Gallu Cymysg	Hyd y wers (mins)/Length of time for lesson: 1 hour	Cyfeirnod tuag at Gwricwlwm Cenedlaethol Addysg Gorfforol / NC ref 1	
Adnoddau: Resources: (Rope, blind folds, rugby ball, Velcro tags, bouldering wall.)				Agweddau asesiad risg / Health and Safety Issues: (See attached Risk Assessment)		
Teitl uned o waith / Title of unit of work: Deilliannau Dysgu / Learning Outcomes: Physical Literacy, Teamwork, cognitive function, Hand/eye coordination, Motor Neuro Skills.						
Lesson Structure / Strwythur Gwers						
Time Amser	Activity Sequence / Trefn y gweithgareddau		Organisation / Trefniant	Teaching and learning Methods Dulliau Dysgu ac Addysgu	Points to Remember Pethau i gofio	Assessment Focus Ffocws yr Asesu
5 mins.	Warm-Up/Introduction / Cynhesu a Chyflwyniad Animal movements: Bear/crab crawls, duck walks, bunny hops etc.		Warm up individually	Command / Direct	Bit of fun, get the motor functions going and raise body temperature.	Warm up the body, Prepare the joints, muscles etc.
15 mins	Square Dance (Learning card TB10)		2 x 5 groups	Problem solving, Teamwork and Communication skills.	Team working, Communication, sensory Skills, cognitive function.	Observe pupils' team Communication to overcome a set problem.
3 mins	Trust Fall practice		5 x 2 groups	Build trust in spotters, awareness	Safety & Trust, communication	Trust, confidence progression
12 mins	Development / Datblygiad Bouldering (steppingstones) (Learning card B1)		5 x 2 groups	Guided Discovery	Working in pairs, spotter helping the climber with safety and maybe giving Instruction.	4 limb movement, motor skills. Could use video recording to be used in the reflective stage.
15 mins	Rugby Tots		2 x 5 teams	Command. I will direct and oversee this activity.	I will referee and manage the game, intervene when needed.	Physical exercise, Multi directional Movement, Hand/eye coordination, catching, passing.

10 mins	Warm Down / Conclusion/ Review / Sesiwn Cloi ac Adolygu 5-minute warm down: yoga, breathing techniques Reflection/debrief (Kolb 1984 methods)	Individually, pupil's own thoughts.	Reflective learning, Guided discovery.	Q&A time, feedback from pupils	Did pupils end the lesson enhanced? than before the lesson?
Contingency Activity (what if?) / Syniad rhag ofn These activities are to be done outdoors, but can also be done indoors, even if the venue must be changed. The activities can also be done if the number of pupils is reduced or increased.					

References

Introduction to Mosston's Spectrum of Teaching Styles A Brief Review of Literature about the Spectrum of Teaching Styles* Written by Howard Zhenhao Zeng (D.P. E.) Department of Physical Education and Exercise Science Brooklyn College of the City University of New York * Published in: Zeng, Z. H., & Gao, Q. (2012). Teaching Physical Education Using the Spectrum of Teaching Style: Introduction to Mosston's Spectrum of Teaching Style. China School Physical Education; Vol.2012-01, pp. 65-68.

<https://hwb.gov.wales/curriculum-for-wales/health-and-well-being/> National Curriculum Pg16

Square dance (team building TB10)

Bouldering (B3 steppingstones)

<https://www.rugbytots.co.uk/About>

The Times interviewed **Max Webb**, founder and managing director of Rugbytots. While England's leading rugby players gear up for this year's Rugby World Cup, the man behind the world's biggest pre-school rugby play programme reckons that one day some of his charges could follow in their footsteps.

Rugbytots featured in The Times

<https://www.rugbytots.co.uk> › CompanyFeatured

GENERAL RISKS (Applies to all Activities)			
Completed by: Paul Evans		Signature:	
HAZARD	WHO IS AT RISK?	UNMANAGED RISK	CONTROL MEASURES
Lack of Supervision and Instruction	Students	MED	- All staff leading activities shall hold the appropriate, current qualifications - Staff to maintain personal continual professional development (CPD) - All qualifications and training will be verified and logged in the Staff Training Log and CPD files
Medical emergency caused by pre-existing medical condition	Instructors, group and other visitors	HIGH	- Participants complete a medical declaration prior to session - Instructor to check all medicals prior to session - Instructors are qualified first aiders - Participants are requested to make themselves known to their supervising instructor if they have any pre-existing conditions - In the very unlikely event that a participant should suffer from a medical emergency (i.e. heart attack, stroke, epileptic fit, diabetic emergency) the emergency services will be contacted. Appropriate First aid treatment will be administered. - At the earliest opportunity the Mendip office will be informed and our emergency procedures instigated if appropriate
Inappropriate behaviour	Sudents	LOW	- Ground Rules to be discussed with all students regarding required behaviours - Abandon session if bad behaviour could affect the safety of the group
Ticks: Lyme's Disease	Students	LOW	- Advise groups to wear trousers - Brief groups on Ticks and how to get them removed - Inform the group of the symptoms and when to seek further medical assistance - Issue Tick Advice card from First Aid Kit
Weather conditions	Instructor, Students	MEDIUM	- Kit lists supplied in advance of activity session - Instructor to check all participants are dressed suitably to the weather conditions - Instructor to advise participants to apply sun cream when appropriate - Instructor to ensure group has enough water / fluids - Instructor to carry mobile phone and first aid kit - During overhead lightning groups will be taken to the safer location ☒ In extreme conditions the activity may be delayed, postponed or cancelled
Bouldering/Rugby tots Trips, Falls	Students	LOW	Fall, trips, bumps, grazes (instructor to have a group chat before commencement of the activities)