



Training Days

PLPS

**30/09/2015 &
01/10/2015**



Islands

Group stands in a circle. The idea is to organise themselves around the circle in order of:

- Initial of first name
- Birthdays

The wind blows...

...anyone who...

- Had breakfast this morning
- Has brothers or sisters
- Wearing the right kit
- birthdays are in...
- knows what _____ is
- can do a handstand/ cartwheel
- enjoys PE
- etc

Acrobat Names

All of the class sit in a circle. Each person performing a tuck shape.

The group takes it in turn to introduce their name performing a different acrobatic shape as they do so. The shape can be decided by the teacher or the person performing.

Bigger...Bigger...BIGGER

One person in the circle starts off with a small movement. The next person then performs a bigger movement than the one before. If a person thinks they can not perform a bigger movement they introduce a new small movement and the game continues around the circle.

Clown Mirrors

One person performs a movement and the rest of the circle copies everything the performer does until they touch the person next to them on the shoulder. The next person then takes over (becomes the mirror).

-Movement needs to be done slowly so all can keep control.

- Can be done in pairs: In pairs 'B' follows 'A' until there is a pause then the other one takes over the movement.

Numbers

Each number has an action (1-Jump)
"freeze" can stop the stop the movement to add a new instruction (or number).

Children can be given the task of thinking up a new movement for the next number. Children to move around the space and actions performed when a number is shouted out.

Numbers to be shouted out randomly. Actions can be lead by what is about to happen in the lesson - warm up/ performance movements



Microphone Pen

As part of starter/ plenary/ Q&A/ peer assessment Pupil(s) can move around the group getting answers from different members of the class. Teacher/ children to think of questions.

Deck questions



Using a pack of cards. One suit/ colour is handed out to each person in the class. The pile of opposite suit/ colour is offered to the interviewee. They pick a card out of the deck and the person with the matching number asks the question.

Get thinking

Hat/frame of Praise

What did you see in our session?

taking risks, being a good spotter, working hard, enthusiasm.

What did you see in others?

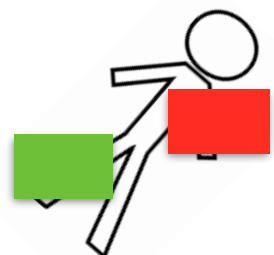
Picture frame or hoop - when you want to group a few individuals for doing something good



Body in a box

The example given was barriers to circus.

The outline of a person was drawn with what circus can provide for individuals written inside the body. Barriers were then discussed on different sheets of paper and laid over the top of the body. Ways to prevent or remove these barriers were written on the back of the paper.



Speaking Beads

Each member of the class is given 3 beads (items) acting as speaking tokens. Once each member has used up their tokens they are not able to answer or discuss anymore. There can be options where some people will choose to give one of their own beads to someone else to hear more of their opinion.



Juggling



Animals help you juggle:

- Make a jellyfish (or ghost) (middle of the scarf over your finger)
- Crab (grab the centre of the scarf)
- Introduce Elephant and Tiger
- Make sure Elephant is across the body
- **Progression:** Introduce movement between elephant and tiger (head, shoulders, knees and toes, spins etc)

Things to remember:

It's not about the catch its all about the throw

Things to remember:

You always need an empty hand.

Things to remember:

Arms across to throw, and open to catch

Introducing one/two balls:

- Palms up (throwing from one hand to the other)
- Remembering top corners of a box
- If your weaker hand is not throwing as high, it is helpful to shout "throw" or counting each throw.



Helpful Hoops:

- Cow jumps over the moon.
- Hinge
- Open and close the door
- Saturn's rings

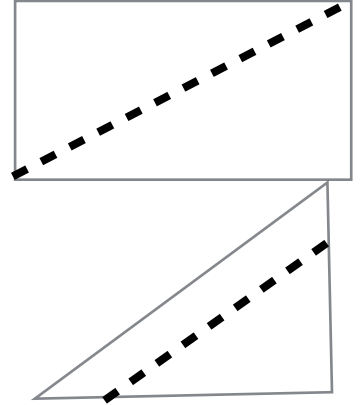
All to get hands doing different things!

3 ball juggling:

- Floor juggling: taking from the outside and dropping inside.
- Monkey/ body juggling
- Partner Juggling - Friend can act as gravity or the top corners of the box to throw to (slower juggling) (standing behind or in front)
- Standing side by side (outside arms juggling) one person acting as right hand and one person acting as left. Swap to get confident as each side.



Balancing



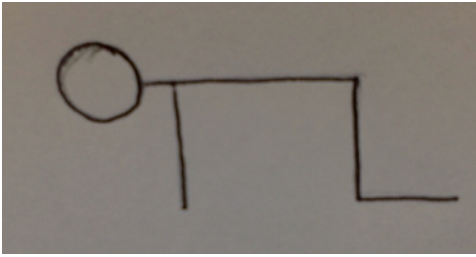
Things to remember:

- Big surface area vs Little Weight
- Keep your eye on the **top** of the item you are balancing.
- Plastic bag:
 - hold bottom corners
 - pinch middle
 - pull bag tall
- Newspaper:
 - Fold from one corner (longest fold)
 - Fold again towards opposite corner (see top right image)
- Using partners for safety - this also reduces the numbers balancing.
- can use arm as a barrier around stick for safety
- Using different body parts - children explore for themselves.

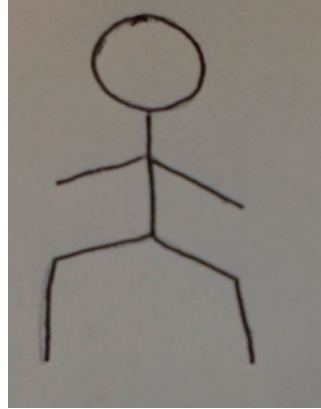




The Essentials



Kneeling Base



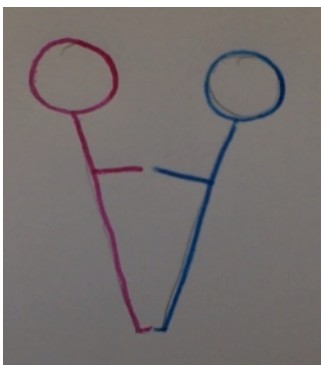
Sumo or
Climbing Frame



Spotter or Support

Developing the Essentials

- In partners, take in in turn to perform kneeling and sumo bases, partner then tries to push them over or make them go off balance.
- Sumo and spotter can be developed where both partners are performing the shape and trying to push or pull the other off balance/ break the resistance (counter tension with their hands together to start the game).

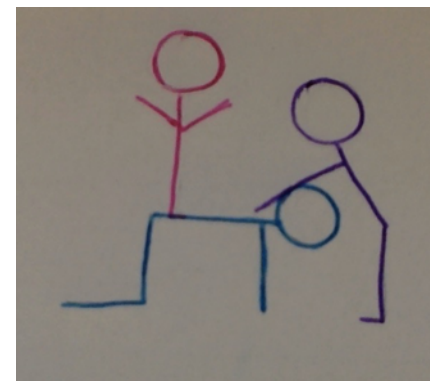
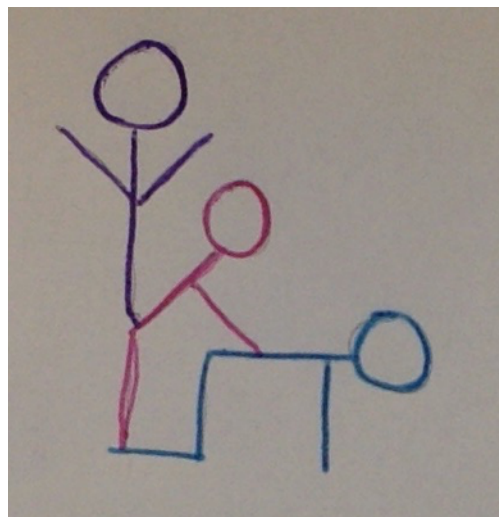
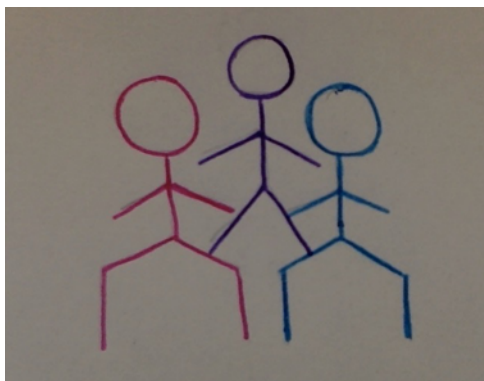
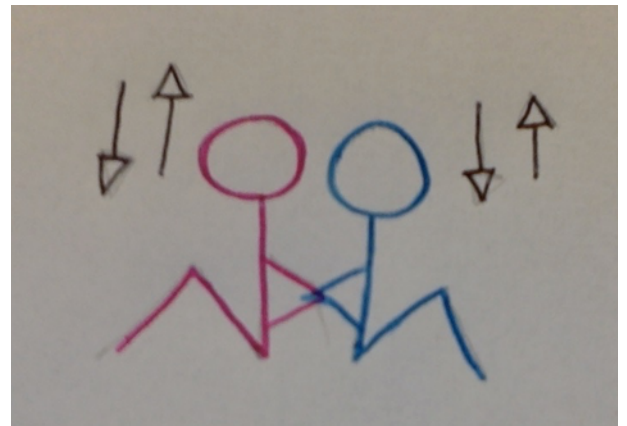
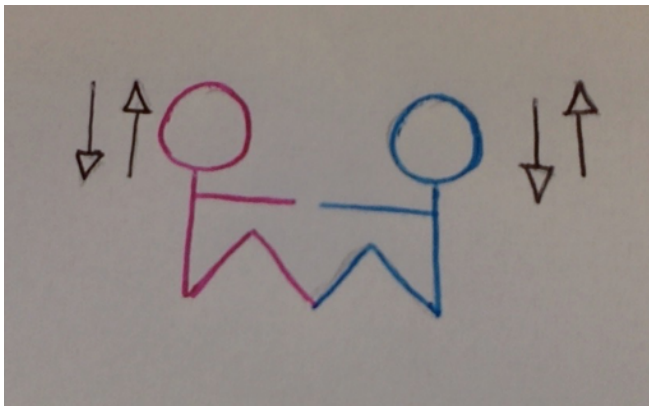
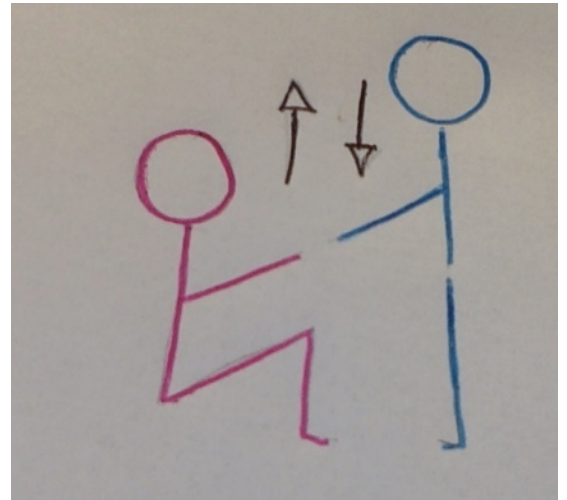
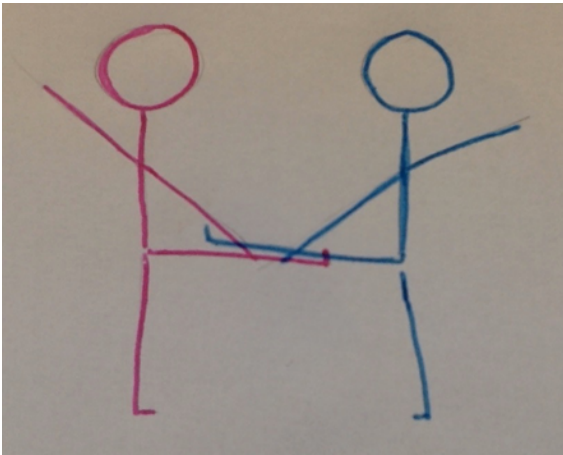


Communication

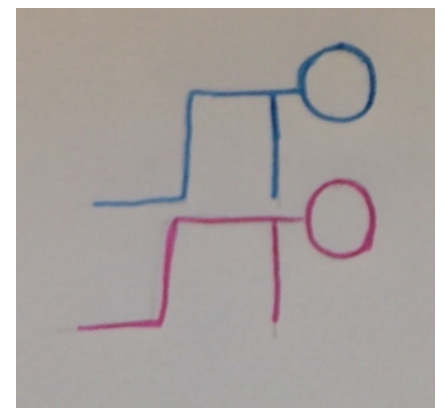
- In teams of four with two performing the shape on the left and the other two acting as spotters behind the performers.
- The shape can be progressed by releasing hands and stretching them out behind.
- Communication is key for the other person to know which hand they are releasing so that they don't fall back. This can be done by squeezing as the signal.

Safety! Remember - Communication is key - Ask about experience, knowledge, would they lie to you? Think about confidence and competence.

Partner and team ideas



Safety! Remember - It's all about the **spongy bits!!**





Warm ups for the activities



Team Juggling

Teams of at least 4 pass a ball of their choice around the circle. Remembering the path the ball travelled (who passed to who?). More items can be added to follow the same path. Once 3/4 items are going around the group each person starts moving into a different space to throw and pass. Keep the movements and the passes going for a long as possible.

Brain Mash

Whole group stands in a circle. each person shouts their name after the person next to them (around the circle). Each person needs to remember who they were standing by (who shouted before them).

Change places in the circle but follow the same name path.

After having a practice, introduce a ball, without shouting the names choose a different path for the ball to go around the group/circle. Once practiced introduce names back into the group, names following one path, ball following another.

More things to introduce: foot taps, hats, juggling ball or baton etc.

Points of contact

Class into small teams. Leader introduces a point of contact (4 feet, 4 hands) between the team.

Development can involve different body parts (3 feet 2 elbows 3 hands) non doers could go around and count.

The circus is coming to town!

"How is the circus coming to town?"

"like... stilt walkers, elephants, crocodiles, etc"

Circus Stuck in the mud

4 different positions to be stuck in. Change the position every time you get stuck.



Express your inner ninja

Mobility movements - kicks into sumo squats, kicks forwards (for safety move them in groups), elephant walking and jumps - light landing, step, crouch, open.

Mobility movements - neck stretches (quick movements), wide squat holds, swinging arms, trunk rotations, downward dog (second picture, bottom left of this page) and walking the heels (pressing the heels down), hip flexor, adductor stretches, plank hold.

Always ask about injuries!!

Shape Challenge

in teams making 3D shapes. Ideas can be made up by the team or person in the class. Teams can also think of a shape and pass it to another group to perform.

Moving shapes like cars or animals - remote control can introduce movements - play, pause, reverse, slow mo.

Helpful website from Rhian

Here's the website of great images of acrobalance moves that I promised to send you.

<http://acrosport.roudneff.com/>

You need to scroll down the page and look at the left hand side where you'll find options of Acrobalance moves for various numbers of people. It's in french but the pictures are great. Or just click on any of these below:

Pyramides d'acrosport

*Acrospot en primaire

- ☐ [Duos d'acrospot en primaire](#)
- ☐ [Duos faciles en 3D](#)
- ☐ [Parade, aide sécurité](#)
- ☐ [Pyramides à 5](#)
- ☐ [Quatuors école élémentaire](#)
- ☐ [Trios d'acrospot](#)