

FUNDAMENTAL MOVEMENT SKILLS SPEED AND AGILITY

LESSON PLAN OBJECTIVES

PHYSICAL DOMAIN

All the games of this lesson work the physical aspect because they focus on basic motor skills and physical abilities

PSYCHOLOGICAL DOMAIN

All the games of this lesson work the psychological aspect because they improve the motivation of the children to be physically active and allow the children to express their feelings and emotions through movement

COGNITIVE DOMAIN

All the games of this lesson work the cognitive aspect because they develop the ability to focus and concentrate to execute movements accurately, and they require the children to understand the rules of the games

SOCIAL DOMAIN

All the games of this lesson work the social aspect because they enhance verbal and non-verbal communication and develop interpersonal skills



UMU

LINKS TO CURRICULUM, TEACHING UNITS AND TOPICS

1) BASIC MOTOR SKILLS, 2) COMPONENTS OF PSYCHOMOTOR SKILLS OR PERCEPTUAL MOTOR FACTORS, 3) PHYSICAL ABILITIES, 4) PSYCHO-SOCIAL VARIABLES, 5) VALUES AND ETHICS

AGE GROUP

4 - 6

ENVIRONMENT

Outside on a flat surface

EQUIPMENT

Balloon, foam pads or floating objects (like pool noodles), large foam shapes (like circles, squares, triangles), cones, hula hoops, and other obstacles, large and soft blocks or pillows

CLASS OPERATIONALISATION

METHODOLOGICAL AND ORGANIZATIONAL FORMS OF WORK

Frontal
Group
Individual

TEACHING METHODS

Explanation
Instruction giving
Demonstration
Play
Self-check, discussion and inclusion

TEACHING STYLES

Teacher-centered:
Command, Practice, Reciprocal, Inclusion
Student-centered: -

UNIT DURATION

45 min
Introduction (5 min)
Main part (35 min)
Closing the session (5 min)

SAFETY ADVICE

Safe space

ACTIVITIES OVERVIEW

INTRODUCTION

Gather everyone in a circle, explain the activities, their purpose, and the rules

MAIN PART – COORDINATION GAMES

1. SHADOW TAG

Instead of tagging each other, children must step on each other's shadows to tag them out. This encourages quick movements and spatial awareness.

2. BALLOON DASH

Each child holds a balloon and races to a designated point and back without dropping or popping it. This game promotes quick footwork and balance.

3. LILY PAD HOP

Place foam pads or floating objects (like pool noodles) in a line across the grass or a play area. Children hop from one "lily pad" to the next without touching the ground, practicing agility and balance.

4. SPEEDY SHAPES

Scatter large foam shapes (like circles, squares, triangles) across an area. Call out a shape, and children must run to touch that shape and return to the starting point as quickly as possible.

5. OBSTACLE MAZE

Create a maze using cones, hula hoops, and other obstacles. Children navigate through the maze as quickly as they can without touching the obstacles, testing their agility and decision-making skills.

6. SPEEDY SCULPTURES

Place large, soft blocks or pillows in a scattered formation. Children race to build a tower or sculpture using the blocks, then quickly dismantle it and rebuild it in a different configuration.

CLOSING THE SESSION

Gather everyone in a circle and invite them to share their thoughts. Ask them what they enjoyed about the activities, how they felt during specific games, and what they would like to try or change the next time.

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