

## Unit 6

**LEARNING  
OUTCOMES****The student will:**

- *perform a throw from behind head and chin*
- *perform two jumping tests*
- *perform a speed bounce test*
- *score a simple sportshall competition.*

**EQUIPMENT**

*Scorecards/blackboards, bench, basketball, indoor shot, cones, low obstacles, tapes, speed bounce mats.*

**CLASS ORGANISATION**

*Similar to unit 6, level 1.*

STAGE	CONTENT / ACTIVITY	TEACHING POINTS
<i>Warm up</i>	<ul style="list-style-type: none"> <li>• <i>Aerobic activity around hall, include skipping and hopping drills – do good stretching routine.</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Link warm up to tests you will be using later in class. Anything in this unit can be swapped for something else.</i></li> </ul>
<i>Development</i>	<ul style="list-style-type: none"> <li>• <i>Students to be organised into groups. Each requires score card and pen (sample in resource materials).</i></li> <li>• <i>Each team begins at one of the 4 stations (or 5 if time allows).</i> <ul style="list-style-type: none"> <li>– <i>Standing long jump</i></li> <li>– <i>Seated throw, behind head (basketball)</i></li> <li>– <i>3 hops, 1 step and jump.</i></li> <li>– <i>1 step shot putt</i></li> <li>– <i>Speed bounce</i></li> </ul> </li> <li>• <i>All teams compete in linear relay over low obstacles.</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Have floor pre-marked.</i></li> <li>• <i>Explain/demonstrate each test.</i></li> <li>• <i>Allow best score of 2 attempts at each, except speed bounce.</i></li> <li>• <i>Rotate groups every 5/8 minutes.</i></li> <li>• <i>Teacher may record group scores onto master sheet during class.</i></li> </ul>
<i>Conclusion</i>	<ul style="list-style-type: none"> <li>• <i>Tabulate scores to find winning group.</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>You may use all students scores from group to get group total, or perhaps best 4 from 5.</i></li> </ul>