

| Week #<br>Lesson #<br>Title   | Safety Requirements<br>Equipment  | Learning Goal(s)<br>Success Criteria  | Ophea Resources & Supports<br>Game and/or Activity (P/J/I)   |
|---|---|---|--|
| <p><b>Week #1</b></p> <p><b>Lesson 1/4</b></p> <p><b>Title:</b><br/>Sending &amp; Receiving Objects</p> | <p><b>Safety:</b></p> <ul style="list-style-type: none"> <li>Space where the movement activity is to take place large enough for the number of learners and required movements.</li> <li>Surface where the movement activity is to take place a non-slip surface.</li> <li>Space where the movement activity is to take place free of obstacles.</li> </ul> | <p><b>Primary Focus:</b><br/>Send and receive</p> <p><b>Junior &amp; Intermediate Focus:</b><br/>Target game introduction</p> <p><b>Learning Goal:</b><br/>We are learning how to send and/or receive objects alone and/or with others in a variety of ways.</p> <p><b>Success Criteria:</b><br/>(Reference video for examples/demonstrations of Look fors)</p> <ul style="list-style-type: none"> <li>I can choose an object I can successfully send and/or receive.</li> <li>I can look where I will send the object.</li> <li>I can aim where I will send the object.</li> <li>I can use a body part to receive the object.</li> </ul> | <p><b>Ophea Resources &amp; Supports:</b></p> <p><b>Learn to Move: Fundamental Movement Skills Posters:</b><br/><a href="https://teachingtools.ophea.net/supplements/learn-move/posters/movement-skills">https://teachingtools.ophea.net/supplements/learn-move/posters/movement-skills</a></p> <ul style="list-style-type: none"> <li><a href="#">One-handed Underhand Throw Activity Card &amp; Poster</a></li> <li><a href="#">Overhand Throw Activity Card &amp; Poster</a></li> </ul> <p><b>PlaySport:</b><br/><a href="https://www.playsport.net/">https://www.playsport.net/</a></p> <ul style="list-style-type: none"> <li><a href="#">Target Activity: 3-2-1</a></li> </ul> <p><b>Primary Game:</b></p> <ul style="list-style-type: none"> <li>Choose 5 objects around your home.</li> <li>Spread them around the playing area.</li> <li>On the signal to begin, move to the object and catch.</li> <li><b>Extensions:</b> <ul style="list-style-type: none"> <li>Send to the height of your head and catch at your belly button height.</li> <li>Send to the height of your head and catch at knee level.</li> <li>Send to the height of your head and catch at the height of your ankle.</li> </ul> </li> </ul> |

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|                             |                                  |                                      | <ul style="list-style-type: none"> <li>• <b>Look Fors (Success Criteria):</b> <ul style="list-style-type: none"> <li>○ Eyes on object.</li> <li>○ Catching hands.</li> </ul> </li> <li><b>Junior Game:</b></li> <li>• <a href="#">PlaySport Target Game: 3-2-1</a></li> <li>• <b>Extensions:</b> <ul style="list-style-type: none"> <li>○ Introduce different ways to send the object (e.g. dominant/non dominant hand, increase/decrease the distance).</li> </ul> </li> <li>• <b>Look Fors (Success Criteria):</b> <ul style="list-style-type: none"> <li>○ Aim</li> <li>○ Accuracy</li> </ul> </li> <li><b>Intermediate Game:</b></li> <li>• <a href="#">PlaySport Target Game: 3-2-1</a></li> <li>• <b>Extensions:</b> <ul style="list-style-type: none"> <li>○ Assign points to the targets.</li> <li>○ Add in the element of speed/time.</li> <li>○ Play with another learner.</li> </ul> </li> <li>• <b>Look Fors (Success Criteria):</b> <ul style="list-style-type: none"> <li>○ Aim</li> <li>○ Accuracy</li> </ul> </li> <li><b>Guiding Questions for P/J/I:</b></li> <li>1. Describe what your body parts are doing to successfully send/receive the object?</li> <li>2. Which object are you most successful at sending and/or receiving? Why?</li> <li>3. If it is challenging for you to send and/or receive the objects, how can you modify the game?</li> </ul> |