SPORTY & HEALTHY

FIRE

Topic: Developing visual-motor coordination

Goals of the classes:

General: exercises to improve overall fitness, visual-motor coordination, and leg strength.

Operational (detailed): The child:

- develops motor coordination, especially in the eye-hand area;
- improves overall body fitness, especially speed and reflexes;
- strengthens leg muscle strength and improves leg function;

Methods: strict imitation, strict task-based, verbal (explanation, demonstration), practical exercises.

Forms of work: individual, group.

Teaching aids: hula hoop, gym bags, small balls, sponge noodles, coordination ladder.

Duration: 30 minutes

Course of classes:

Greeting - reminding of safety rules and informing about the theme of the activities.

Warm-up

1. **“Lava”**
   Exercises on the coordination ladder. The ladder is a bridge that children have to cross, and the transverse stripes/lines are traps, in our case, it's lava, which cannot be touched. The way of moving on the ladder is very diverse. It's best to start with the simplest exercises, i.e., running on tiptoes along the entire ladder without touching the transverse lines, i.e., the lava. In subsequent rounds, we complicate the way of moving, for example:

- Running on tiptoes
- Walking on heels
- Basic step-close walk
- Two-foot jumps
- Hopping on one foot
- Running backward, etc.

Each time after crossing the ladder, remember that you cannot step on the lava; if a child falls into the trap, they must perform an additional task such as a squat, jumping jack, etc.

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Main activity

2. **"Little Fires"**

The task for the children is to transport the little fires to a designated place. Little fires are small balls that we place in a hula hoop lying on the floor. Neither the little fire, i.e., the balls, nor the hula hoop can be touched by hand. To place the little fire in the correct place, we must use the sponge noodle to move the hula hoop and the ball simultaneously to a predetermined area, for example, to the other side of the room, beyond a designated line.

3. **"Torch"**

Children pair up. Each child has their torch, i.e., a sponge noodle. Children stand a few steps opposite each other, each holding a noodle. On the teacher's signal, they must switch places and torches as quickly as possible. To do this, they quickly leave their torch in place and run to the place of the other child, catching their torch. Torches, i.e., noodles, must not fall to the floor. If this happens, children must perform an additional task like a jumping jack, squat, push-up, or jump. In a harder version of this task, children, 4-6 people, stand in a circle and on the teacher's signal run to the place of the child standing to their right (or left), catching their torch.

4. **"Campfire"**

Gym bags or other elements that can be stacked on top of each other are scattered on the floor. On the teacher's command "campfire", children must build/light a fire as quickly as possible, i.e., stack 3-4 gym bags on top of each other. The most important thing is that no gym bag is left alone ;)

5. **"The Floor is Hot"**

All children stand in a circle and lie on their stomachs on the floor so that their heads are turned towards the inside of the circle. On the teacher's signal "the floor is hot" they must raise their arms (exercising back muscles), on the signal "it's not hot" they lower their arms and rest. The pace of this exercise can be freely shaped, faster or slower, by changing the command."

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