

Active Patterns

Equipment

- > Playground equipment.

Achievement objectives

- > Make and describe, repeating patterns.
- > Continue a sequential pattern and describe a rule for this.

Learning outcomes

- > Construct a repeated series of movements.
- > Add to a repeating movement pattern and describe a rule for it.

Suggested assessment

- > Students complete another student's obstacle course and then add the next series of three movements that demonstrate the repeating movement pattern in the course.
- > Ask students to describe a rule for the repeating pattern.

Notes

Before and after this lesson

- > Students could explore, create and describe a variety of repeating and sequential patterns, and discuss and share their findings. For example, they could find patterns in the environment or make their own shape patterns using elastics, knucklebones or string games.

Teaching and learning

- > Students follow an obstacle course that has repeating movements, such as climbing over something, jumping off or over something and then balancing on something, then climbing over something else, jumping off another object and balancing on something else.
- > Discuss the movements with the students and list the pattern of movements.
- > Students brainstorm the different ways they can climb, jump or balance on the playground equipment.
- > Students create an obstacle course using a set of three movements that they repeated twice in their obstacle course.
- > Students work in pairs to complete their obstacle course and then add the next series of three movements.
- > Students discuss the repeating patterns and explain a rule for them.

Ways to adapt

- > Students use body movements to create repeating patterns. For example, jump three times, balance on one foot and one hand and skip with a hoop. Some basic equipment could be provided and students could create their own repeating patterns.
- > Set up a repeating circuit. See *Kiwidex* for more ideas on Circuits.