

look run avoid



PURPOSE

The ‘look run avoid’ unit has an important focus upon pupil’s movement skills. Pupils consider how they can use ‘look run avoid’ to evade defenders.

The learning in this unit provides important foundations for later units on invasion games. It is perfect for introducing your pupils to the concept of identifying space and varying their speed and direction.

KEY SUCCESS CRITERIA

look	run	avoid
Identifying a space to move into	Sometimes I need to run fast, sometimes I don’t	Using my looking and running skills to avoid the defenders
Identifying spaces that I need to avoid	Changing my speed to get past the hyenas	Working with a team mate to avoid the defenders
Moving safely around the area	Moving quickly whilst dodging	Changing direction quickly

NATIONAL CURRICULUM

‘Team games developing simple tactics for attacking and defending’
‘Master basic movements.. Including running, agility, balance and coordination, ’