



Shape Up Unit 3 Years 5/6 & Unit 2 Year 3/4 Learning Outcomes: Slides 15 - 21 <ul style="list-style-type: none"> • Few: I can motivate others to perform better. (Level 6) • Some: I can give and receive sensitive feedback to improve myself and others. (Level 5) • Many: I can cooperate and give helpful feedback. (Level 4) • All: I can show and tell others my ideas. (Level 3) 	Learning Nutrition 3-5*
1. Show Social outcomes on the slide and ask delegates to choose a target and give the reason/s they have chosen it.	1. Clear shared outcomes
2. Start with high energy introduction of shapes with walk for 7 and on 8 make a shape. Change the shapes and increase the energy of the walk/run.	2. Success and Failure
3. In groups of 4 ideally, or 3/5 if numbers don't allow, show first 6 steps and ask them to go at their own pace trying to stay in stretch as much as possible. Highlight positive modelling of all outcomes.	5. Coach and support others
4. Give each group a stack of cones to communicate with you: green on top = stretch; yellow on top = insufficiently challenged; red on top = panic. Model encouraging them to find their own solutions for yellow or red.	6. Control
5. Praise behaviours and respond to individual groups and unlock Phase 2 progressions on the slide.	3. Praise for positive behaviours
6. One intervention per group to encourage them to review their initial target and get some feedback from their group.	4. Review
7. Give each group 5 minutes to prepare a snippet to show the other groups including some 'secure' moves and some that are really challenging.	2. Success and Failure
8. Create performance atmosphere where each group performs and then passes on to the next group. Each group then reviews performance and explains/discusses how they met their target.	4. Celebration and Review