



Bryniau Clwyd a
Dyffryn Dyfrdwy
Tirwedd
Cenedlaethol

Clwydian Range
and Dee Valley
National
Landscape



Pontcysyllte
Safle Treftadaeth Y Byd
World Heritage Site

Ecosystem Invaders

Physical Education Lesson - Teacher Guidance Notes

Learning Objectives

To recall some types of invasive species and ways to control and prevent their spread.

Success Criteria

- I can work as part of a group to design a target game
- Improve accuracy of throwing through practicing different techniques
- I can use maths skills including measure and addition

Time needed for activity

60 minutes, excluding starter activities

Location

Open space, preferably outside

Resources and Equipment

- One printed warm up activity table
- Print out and laminate the 12 invasive species illustrations enough for a set for each group of children
- Bean bags
- Hoops
- Measuring tapes
- Cones
- Mini white boards and pens

Brief for Teacher

The lesson consists of a **Warm-up**, **Physical Education activity** and **Plenary and Cool Down**.

Starter Activities

- Learn about invasive species in our local environment by looking at the Invasive Species Powerpoint.
- Search these links to learn more:
North Wales Wildlife Trust Ecosystem Invaders
Canal and River Trust Invasive Species Control



Bryniau Clwyd a
Dyffryn Dyfrdwy
Tirwedd
Cenedlaethol

Clwydian Range
and Dee Valley
National
Landscape



Pontcysyllte
Safle Treftadaeth Y Byd
World Heritage Site

Warm-Up Activity

Bank - River - Boat

This is a biosecurity invasive species version of traditional game “deck-sea-shore”.
Remind pupils of the importance of warming up before exercise.

- Allocate 3 areas e.g. left, right and middle of the playground to be the Bank, River and Boat.
- The children run between the locations to complete the actions, some actions can only happen in certain areas – you can choose whether to eliminate children that make mistakes or just reset and continue the game which may be best for a non-competitive warm up activity.
- Practise running between the three locations as the teacher shouts each one. Then read through the list on the Invasive Species PowerPoint and as a class decide on where it could take place and an appropriate action to show it.

Physical Education Activity

Target Ecosystem Invaders Game

- Split the class into groups.
- Each group will devise a target game using the illustrations as targets, bean bags to throw, hoops, measuring tapes (or count hand spans, footsteps), cones, mini white boards and pens and a scoring system of their choice.
- Encourage skills development for throwing and accuracy.
- Encourage pupils to challenge themselves both physically and academically.
- Encourage the group to work effectively as a team, listen to everyone’s ideas, include systems for bean bag collection, job roles and turn taking.





Bryniau Clwyd a
Dyffryn Dyfrdwy
Tirwedd
Cenedlaethol
Clwydian Range
and Dee Valley
National
Landscape



Pontcysyllte
Safle Treftadaeth Y Byd
World Heritage Site

Cool Down Activity

True or False Game

Remind pupils of the importance of cooling down properly after exercise.

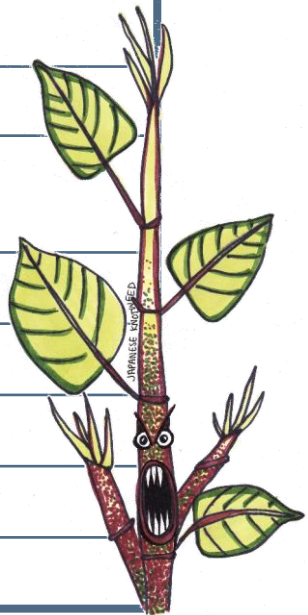
- Pupils stretch arms up for true and squat down for false statements.
- Read out the statements and ask additional questions in italics.
- Repeat if you wish.

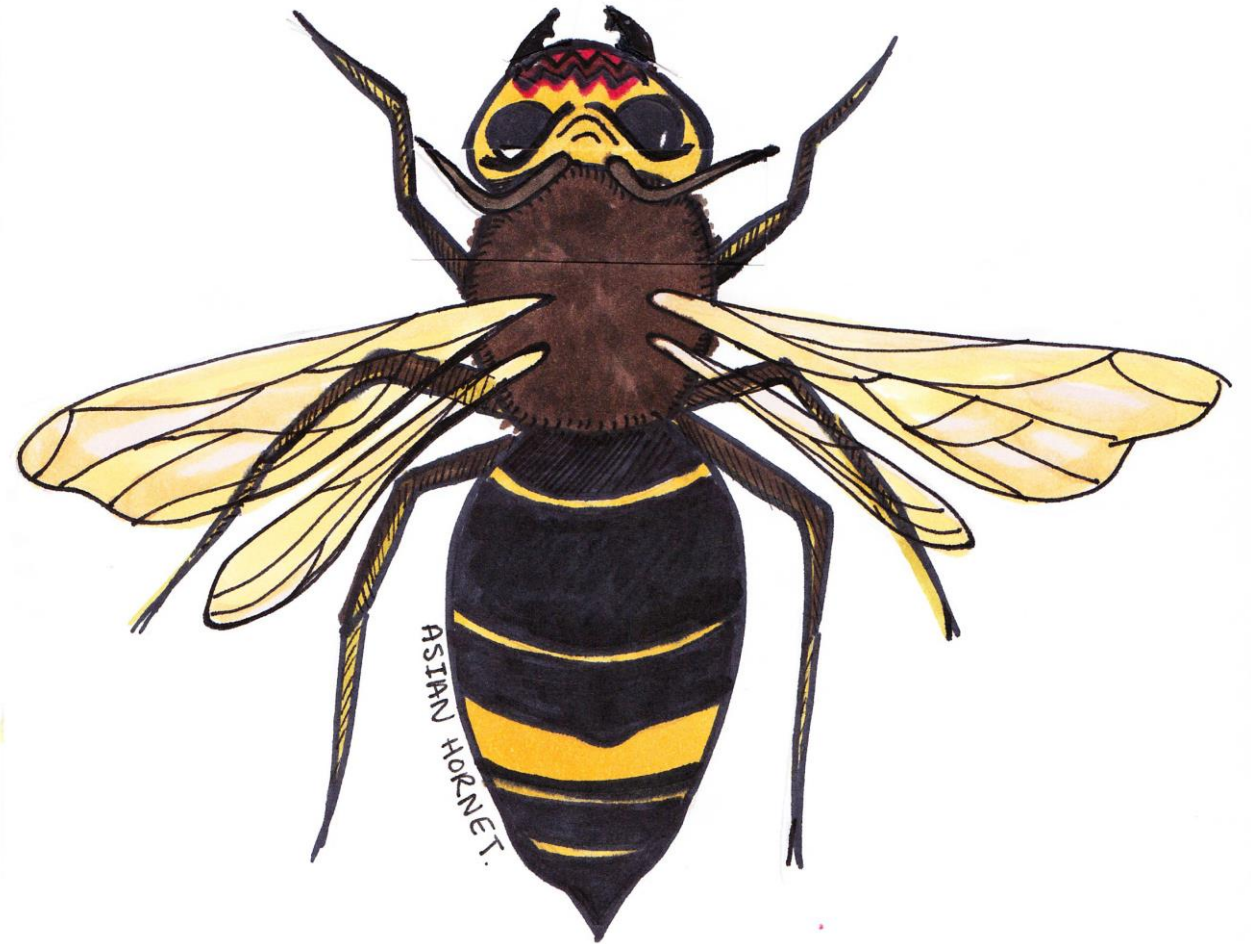
True or False Questions:

- Invasive species are not a big problem.
- Invasive species are one of the 'top five' threats to our native wildlife.
- Can anyone name any of the other 4 threats?
- Pollution, changes in land and sea use, unsustainable use of species and climate change.
- Himalayan Balsam and Japanese Knotweed are invasive species in the United Kingdom.
- People can help reduce their spread by throwing away their shoes after they walk outside.
- What can people do to their footwear?
- Invasive species can take over whole ecosystems.
- People can help by reporting online where they have seen invasive species.
- How else can people help stop invasive species?
- Joining volunteer and young ranger groups to help tackle some species.

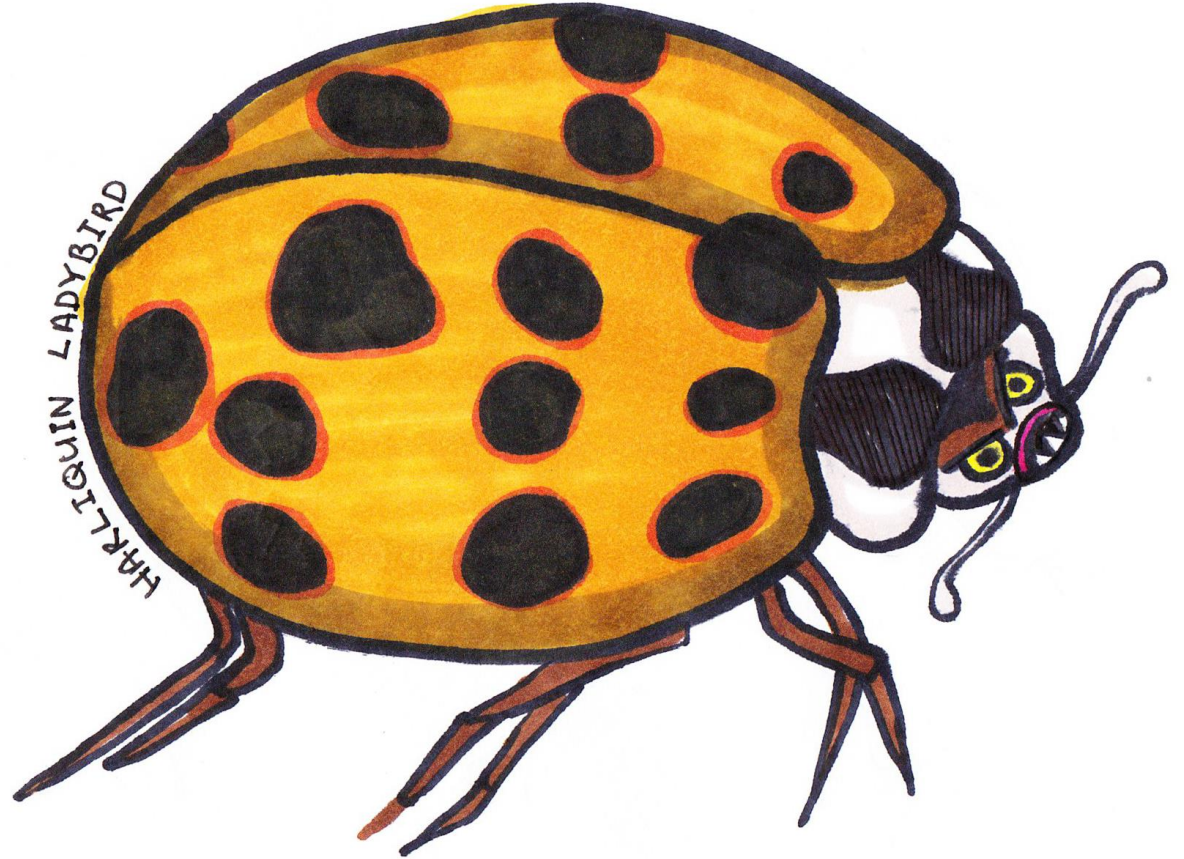
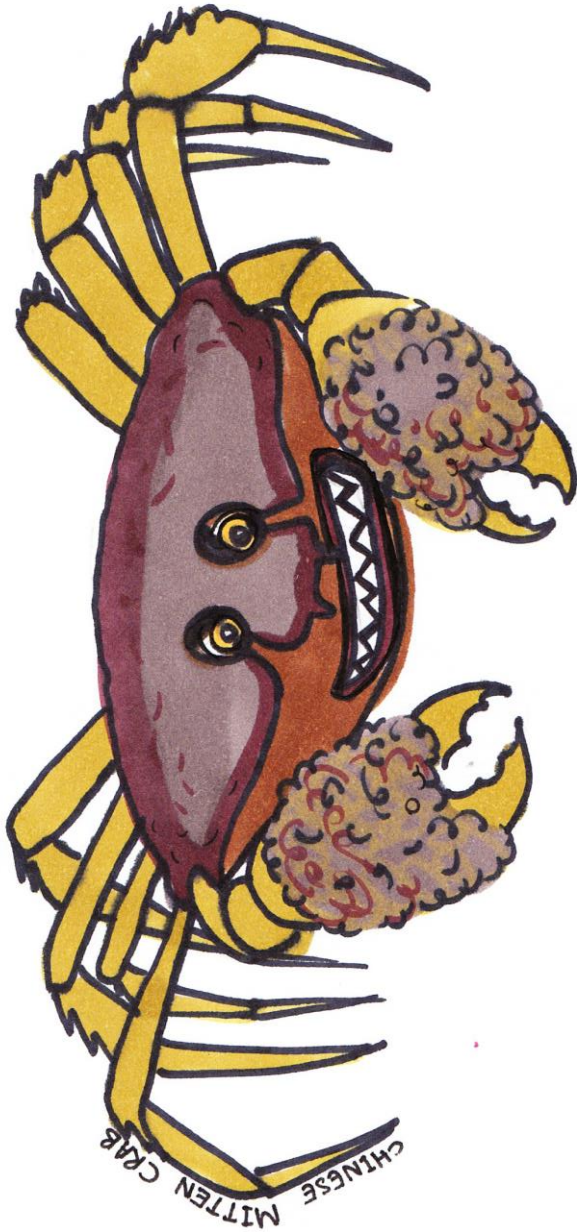
Warm-Up Activity: Bank – River – Boat

Call Out	Where?	Action
Check, clean, dry	Only happens on the bank side	Cleaning your boat and paddles
“Climb a tree” to see over the Japanese knotweed		
Spray the Japanese knotweed		
Pull up the Himalayan balsam		Pull it, twist it, stamp to crush
Clean your footwear		
Wave to the fishermen		
Paddle your kayak		
Get in a raft (first in a sequence of actions to follow)		Groups of 3, 4 or 5 in rafting formation
Ride the rapids		
Float serenely		
Capsize the raft		
Catch the crayfish		
Report what you’ve spotted		

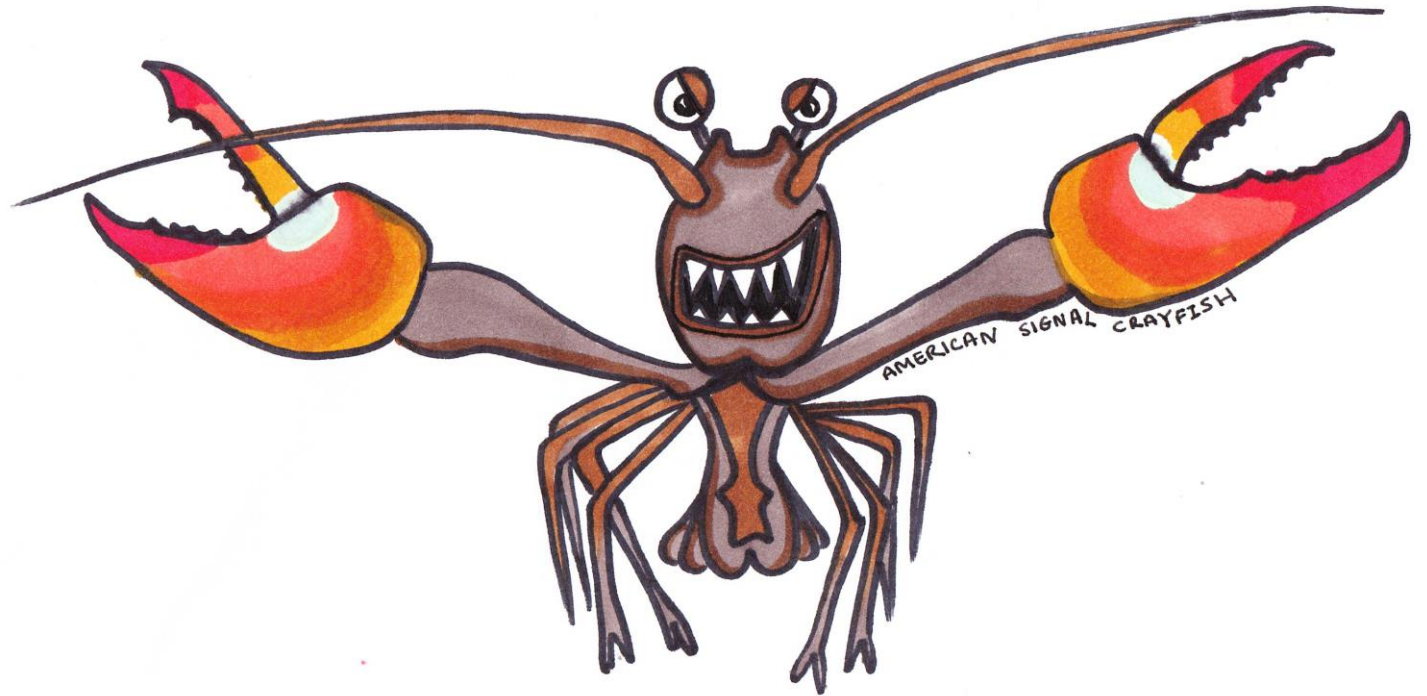




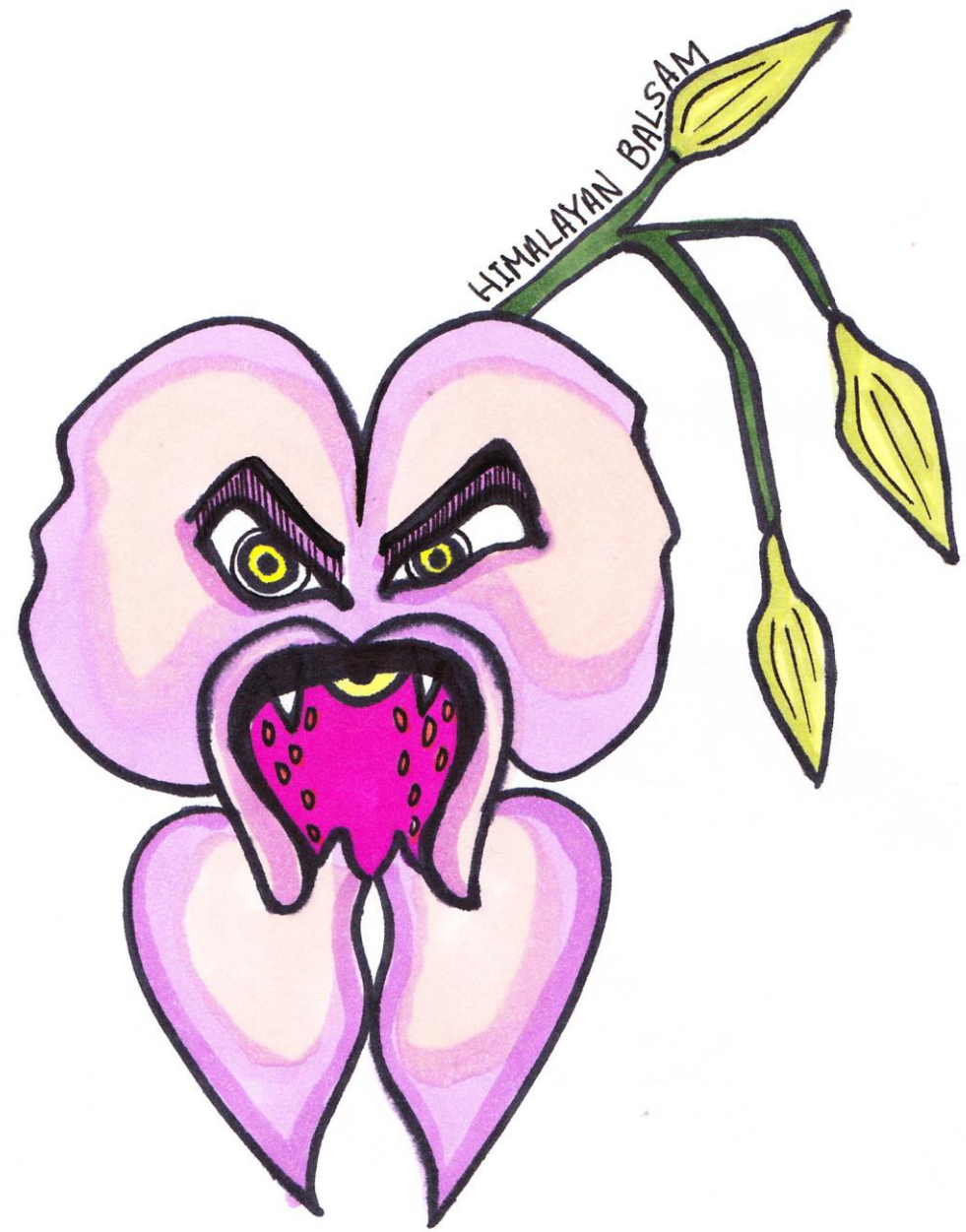
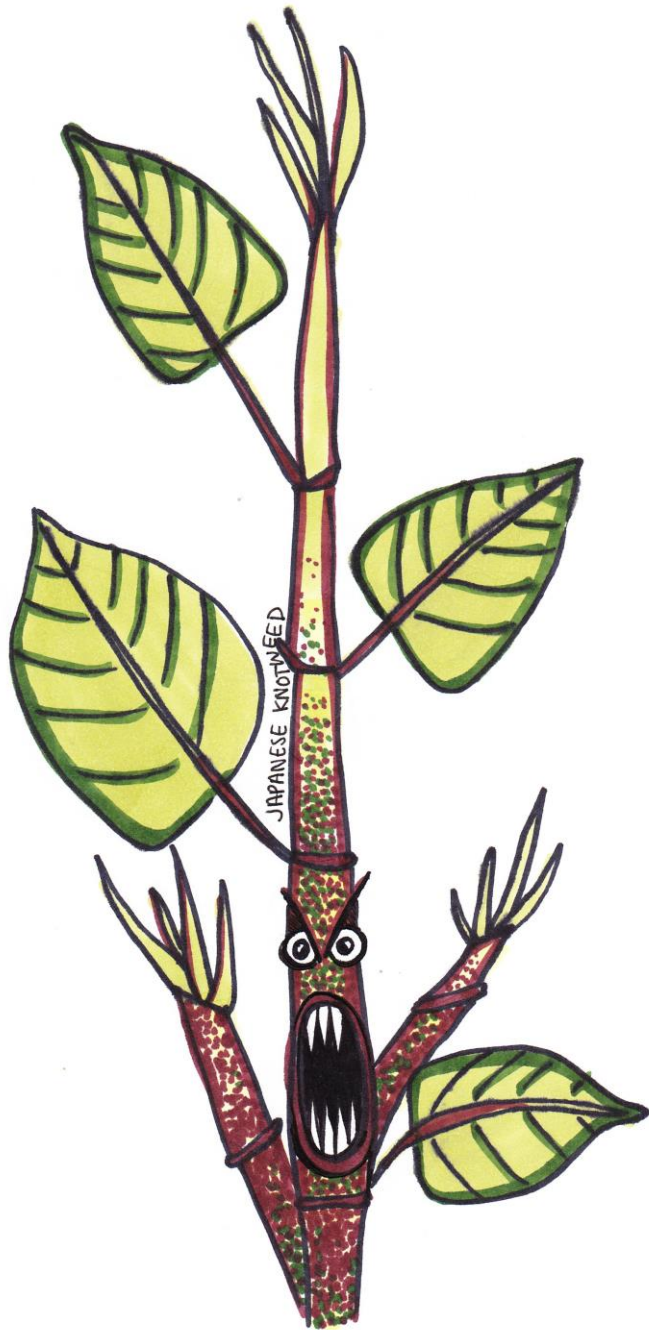
Ecosystem Invaders



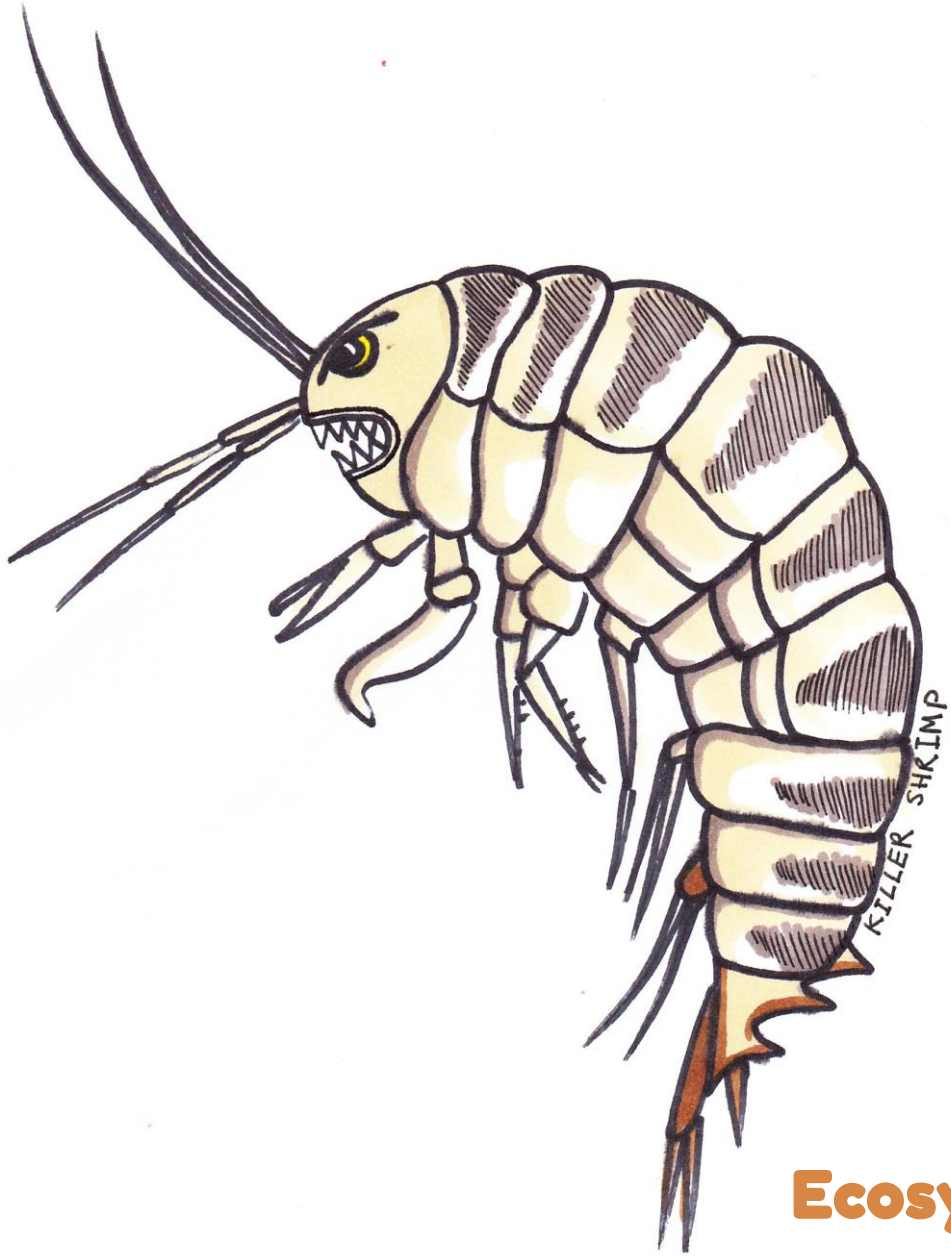
Ecosystem Invaders



Ecosystem Invaders



Ecosystem Invaders



Ecosystem Invaders