

Lesson Objective

To walk, run, stop, and start using different commands during different small, sided games

Lesson 1/6

Equipment Needed

Tennis balls, beanbags, medium sized ball, rugby balls, hoops, buckets, cones, markers.

Success Criteria

Children can:

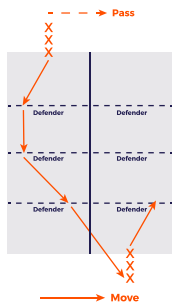
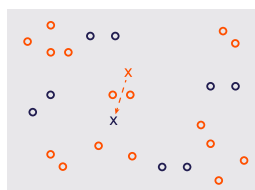
- Follow simple movement patterns
- Dodge, avoid, and find space when running
- Stop and start quickly following set instructions
- Know how to safely find space and move around avoiding obstacles
- Travel at various speeds and can change the way they are travelling
- Safely under control stop and start running/moving

Warm Up

Stopscotch:

Lay out as many hopscotch lines as you can fit in the playing area. For this activity the children enjoy playing hopscotch. When the coach shouts 'Stop' the child on the hopscotch must stop straight away either balancing on one leg or stood on two feet.

Main Activity



Road Race:

Children to have a ball each and dribble around the area keeping the ball close to their feet. When the coach shouts: Red – children stop with their foot on top of the ball, Yellow – Children move slowly, Green – Children dribble quickly, beep your horn - five toe taps, Windscreen wipers – tap the ball with the inside of your foot side to side five times. Change Car – Children put their foot on their ball to stop it and move and dribble with another ball.

Dribbling Gates:

For this activity mark out a large square/rectangle. Within which lay out several dribbling gates with cones. Place these dribbling gates at three set distances apart. I.e., large gate = Red, Medium gate = Blue, Small gate = Orange. Children must dribble through the various gates. PROGRESSION – Set a time limit, how many gates can you dribble through in one minute.

The Gauntlet:

Split your class into groups of four. They are about to enter the gauntlet! For the gauntlet set out some wide channels for each group. The objective of the gauntlet is to dribble your ball from the starting point out of the gauntlet to the safe zone. If you need to start with no defenders, the children each have a ball and simply stop when they get to the safe zone. Once the children understand this, add one defender! 3v1, the children need to dribble out of the gauntlet to the safe zone.

Cooldown

Recap and discuss Success Criteria.

Lesson Objective	To walk, move and run whilst using various pieces of equipment	Lesson 2/6
Equipment Needed	Basketballs, cones, markers, hoops.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Move around safely whilst holding various pieces of sporting equipment• Know how to stop, start running whilst using various pieces of equipment• Change speed and direction safely and under control• Jump/leap and land safely under control• Move around using jumps and leaps	
Warm Up	<p>Steal The Tail:</p> <p>Set up two areas side by side, children have a bib to put down back of their shorts. They then dribble around hall and try to take someone else's tail whilst keeping control of their ball. If the players tail is taken, they move across to the opposite area, and continue.</p>	
Main Activity		
Cooldown		

Lesson Objective

To move with a ball using a variety of techniques against an opponent

Lesson 3/6

Equipment Needed

Success Criteria

Children can:

- Play against an opponent and understand how to keep the ball under control
- Use their bodies to protect the ball against the defender
- Know what technique is needed depending on the game and/or ball

Warm Up

Stopscootch:

Lay out as many hopscotch lines as you can fit in the playing area. For this activity the children enjoy playing hopscotch. When the coach shouts 'Stop' the child on the hopscotch must stop straight away either balancing on 1 leg or stood on two feet.

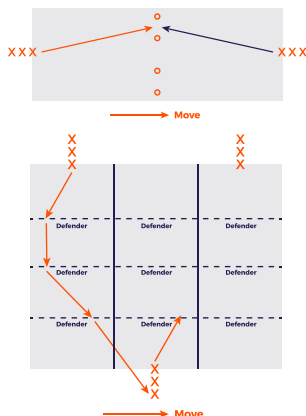
Main Activity

North, South, East, West:

Name the four sides of the area, North, South, East, West. When the Coach shouts that direction all the children must run to it, and back into the middle of the area. Change directions often, to encourage movement and change of speed and direction.

Floor Is Lava:

Children will move over the area without stepping in the 'lava'. Mark out two lines with cones (representing the start and the end) and place flat/spot markers on the floor for the children to move over at a variety of distances. PROGRESSION: In teams of four, each group has three spot markers to use, children must try and cross the lava as quickly as they can, without any player 'falling in'. If any player does touch the lava, all players must start again. First team across the river wins.



Dodging:

Attacking player starts by trying to run through one of the two gates in the middle of the field. The defender's role is to try and tag the attacker before they reach the gate. Attacker tries to create space by changing speed and direction to get away from the defender. PROGRESSION: ask the children to carry a rugby ball without dropping.

Gauntlet:

Split the hall/field into three columns, with the class split into three. 2 Teams attack, 1 Teams defends specific areas.

- Children must try to run from start to finish without being tagged.
- Defenders must try and tag the runner if they succeed runner goes to back of line.

PROGRESSION: Children can run with a rugby ball in their hands, or dribble a ball with their feet.

Cooldown

Recap and discuss Success Criteria.

Lesson Objective

To dodge an opponent whilst running and change direction quickly

Lesson 4/6

Equipment Needed

Cones, bibs (rugby balls, footballs).

Success Criteria

Children can:

- Dodge a defender using a variety of different techniques
- Move away from crowded areas into space
- Change direction quickly, make sharp turns and off balance the person trying to defend them

Warm Up

Bulldog:

Set up three areas in your space and have no more than ten children per area. Start with one catcher (bulldog) whose aim is to catch the runners as they cross the area. If caught they become the catcher. Start by just tagging the player. PROGRESSION: Children wear tag belts and the catch must take a take to stop them.

Main Activity

Tails:

Make an area 20x20m. The aim of the game is to collect as many tags as possible in 30 seconds. Explain that in this game you can keep the tags and you are not out if you lost both your tags. After 30 seconds count how many tags you have. The winner is the person with the most tags.

Dodging:

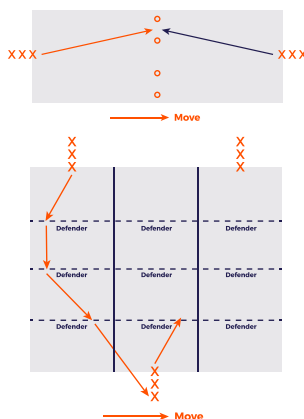
Attacking player starts by trying to run through one of the two gates in the middle of the field. The defender's role is to try and tag the attacker before they reach the gate. Attacker tries to create space by changing speed and direction to get away from the defender.

Gauntlet:

Split the hall/field into three columns, with the class split into three. 2 Teams attack, 1 Teams defends specific areas.

- Children must try to run from start to finish without being tagged
- Defenders must try and tag the runner if they succeed runner goes to back of line

PROGRESSION: Children can run with a rugby ball in their hands, or dribble a ball with their feet.



Cooldown

Recap and discuss Success Criteria.

Lesson Objective	To show control and accuracy with the basic actions of throwing, rolling, bouncing, and moving with an object	Lesson 5/6
Equipment Needed	Tennis balls, beanbags, medium sized ball, footballs (size 3), hoops, buckets, cones, markers.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Understand their arm action whilst rolling a ball• Roll a ball using two hands• Track balls and other equipment, moving in line to collect them and understanding when the ball is at the top of its bounce• Throw and kick a ball in a variety of ways, depending on the game	
Warm Up	<p>Judging The Flight:</p> <p>Children throw/bounce their ball into the air, they are then asked to clap once they think the ball has reached the top of its flight. Encourage children to keep their eyes on the ball as it travels, so they can watch the flight of the ball.</p>	
Main Activity	<p>In 2's one player rolls the ball to their partner who receives the ball and stands up.</p> <ul style="list-style-type: none">• Down to one knee• Cupped hands between the legs to 'scoop' ball. <p>Player 2 then underarm throws the ball back to play one, who then catches the ball. They repeat the action ten times then switch roles. PROGRESSION: Switch roles with out stopping, how many can you do without dropping or losing control of the ball?</p> <p>Hot Potato:</p> <p>Have children work in groups of six and stand in a circle. They throw and catch the ball around the circle. If a child drops it, they run around the circle and try and beat the ball back to their space.</p> <p>Targets:</p> <p>In groups of four children line up in front of a target they take it in turns to roll the ball at the target. Once they have rolled the ball, they collect it and give it to the next person and go to the back of the line. PROGRESSION: Add a variety of targets to encourage overarm, underarm, rolling and bouncing techniques. Each target is at different distances, and worth different points for being successful. Keep score and have a competition.</p>	
Cooldown	Recap and discuss Success Criteria.	

Lesson Objective

To play small games using the techniques learnt

Lesson 6/6

Equipment Needed

Tennis balls, beanbags, medium sized ball, footballs (size 3), hoops, buckets, cones, markers.

Success Criteria

Children can:

- Play small games using the skills learnt throughout the term
- Dodge and avoid players on the opposite teams
- Understand basic rules of games and can follow them

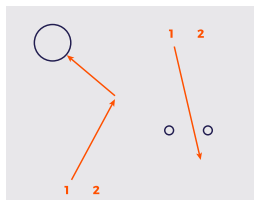
Warm Up

Stuck In The Mud:

All children have a ball and move around the area. 2/3 'catchers' look to catch the ball carriers. If caught players stand still with their feet apart, they can re-enter the game if another player rolls the ball between their legs and collects the ball using the scoop technique. Swap 'catchers' after two minutes.

Main Activity

Set up a range of different games in a carousel format. Put the children in groups of 4-6 and they spend ten minutes playing each activity.



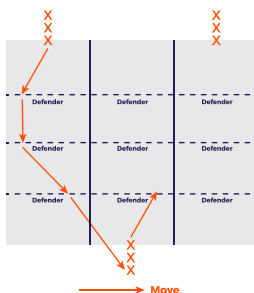
Target Golf:

Children start in pairs and place a hoop, cone, bucket, net, or gate anywhere within the playing area. Players then start at a set point from their 'target' and the aim is to get the beanbag, or ball into the target, hit the target or go through the target. Whoever gets the does so in the least number of throws wins the hole.



Battleships:

Set up four cones at both ends of a small area, children play 1v1 where the attacker aims to throw the ball at the defenders 'ships'. Once regained possession the roles reverse and the attacker shoots against their opponents 'ships'. The first child to sink all four ships wins.

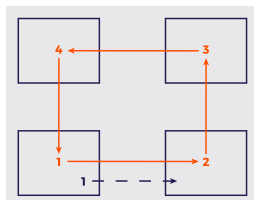


Gauntlet:

Split the hall/field into three columns, with the class split into three. 2 Teams attack, 1 Teams defends specific areas.

- Children must try to run from start to finish without being tagged
- Defenders must try and tag the runner if they succeed runner goes to back of line

PROGRESSION: Children can run with a rugby ball in their hands, or dribble a ball with their feet.



Base To Base:

In groups of five have one runner and four fielders and ask them to stand in a box each. The aim of the fielding team is to throw or kick the ball from box 1 to box 2, box 2 to 3, box 3 to 4 and then from box 4 back to box 1 before the runner can run through all of these bases.