

EYFS - Fundamental Movement Skills

Object Control - Lesson Plan

PLAYING
EDSTART

Lesson Objective	To roll a ball to a target underarm	Lesson 1/6
Equipment Needed	Tennis balls, beanbags cones, markers, beach ball.	
Success Criteria	Children can: <ul style="list-style-type: none">Understand how to roll the ball successfullyUnderstand their arm action whilst rolling a ballStart to show a preference for a dominant hand	
Warm Up	Freeze Tug: 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	Skill Acquisition: In 2's players place two cones in between them. Players then try and roll the ball through the cone 'gate' towards their partner. Each time they both succeed they can either, make the 'gate' smaller or stand further away. Battleships: Similar set up to the above drill, set up four cones at both ends of a small area, children play 1v1 where the attacker aims to roll 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. Roll To Win: Split the class in half and two teams per area. Children must stand behind the 'rolling line' and aim their tennis ball at a beach ball placed on top of a cone in the middle, once it knocked off, the team them aim to hit the beach ball across the other teams 'rolling line' to win. They can only roll the ball from behind the line, and must not touch the beach ball.	
Cooldown	Recap and discuss Success Criteria.	

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Lesson Objective	To learn the skill of throwing underarm	Lesson 2/6
Equipment Needed	Tennis balls, bean bags, cones, markers, beach ball.	
Success Criteria	Children can: <ul style="list-style-type: none">Know how they should hold the beanbag/ball whilst throwing underarmStand correctly whilst throwing a ball underarmSometimes catch a beanbag and/or a medium sized ballStart to show a preference for a dominant hand	
Warm Up	Stuck In The Mud: <p>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.</p>	
Main Activity	Swap It: <p>At the side of the hall, set up four hoops with a variety of equipment, starting with balloons/plus balls, then progressively moving towards a small ball. All children start catching a balloon, when the skill is mastered using the balloon, they swap their item for the next challenge.</p> <p>Pairs: Children in 2's. Starting one metre apart player one throws the bean bag towards partner 2. To start, they aim get slide the beanbag through the legs, they do not need to catch straight away.</p> <p>Roll, Receive, Throw, Catch: In 2's one player rolls the ball to their partner who receives the ball and stands up. Player 2 then underarm throws the ball back to player one, who then catches the ball. They repeat the action 10 times then switch roles. PROGRESSION: Switch roles without stopping, how many can you do without dropping or losing control of the ball?</p> <p>Underarm Throw Challenge: In teams of 7/8 (have two areas set up) children have a bean bag each. They must try and score by getting the beanbag in the buckets. 2 points for the closest bucket, 3 for the middle and 5 for the furthest bucket. Children must throw from behind the line but can go and collect a bean bag from the middle area. Team with the most points wins.</p>	
Cooldown	Recap and discuss Success Criteria.	



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Lesson Objective	To bounce and catch a medium/large sized ball	Lesson 3/6
Equipment Needed	Cones, hoops, markers, beach ball, bean bag, tennis ball, pompom balls, spiky ball, medium sized ball, rugby ball.	
Success Criteria	Children can: <ul style="list-style-type: none">• Catch a large ball.• Bounce the ball and catch it with two hands• Watch the flight of the ball and meet it with their hands	
Warm Up	Hot Potato: 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.	
Main Activity	Judging The Flight: 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. Individual Catching Practice: Children bounce the ball to themselves, as they try to catch after one bounce. One Bounce: Children are in groups of six. They are placed in a hexagon shape made up of cones. They must bounce the ball around the group and see how many bounces/catches they can make without the ball touching the floor after the bounce. 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 bounce 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.	
Cooldown	Recap and discuss Success Criteria.	

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Lesson Objective	To learn the skill of throwing overarm	Lesson 4/6
Equipment Needed	Tennis balls, bean bags, cones, markers, beach ball.	
Success Criteria	Children can: <ul style="list-style-type: none">Throw a ball under arm with one handUnderstand their arm action whilst throwing the ballIntercept/stop a bean bag whilst in flightDevelop confidence, competence, precision and accuracy when engaging in activities that involve a ball	
Warm Up	One Bounce: Children are in groups of six. They are placed in a hexagon shape made up of cones. They must bounce the ball around the group and see how many bounce/catches they can make without the ball touching the floor after the bounce.	
Main Activity	Pairs: Children will now work in 2's. They must practice their throwing and catching. Starting one metre apart and each time they both catch the ball without dropping it they can take a step backwards. They continue to do this and see how far they can get. If they drop the ball at all any time, then they must start from the beginning. The further they get away from each other the technique changes from underarm to overarm. Incoming: Split the playing area into quarters (two areas needed for a full class), with four 'strikers' in the middle of the room - facing outwards. They then must underarm throw a ball into their quarter - where their team will be standing. If someone catches it first time (no bounce) 10 points, after one bounce - 5 points, 2 or more 1 point! Each striker gets three throws each, then rotate. Throw To Win: Split the class in half and two teams per area. Children must stand behind the 'throwing line' and aim their tennis ball at a beach ball placed on top of a cone in the middle, once the beach ball is knocked off, the team them aim to hit the beach ball across the other teams 'throwing line' to win. They can only throw the ball from behind the line and must not touch the beach ball.	
Cooldown	Recap and discuss Success Criteria.	

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Lesson Objective	To learn how to catch a small piece of equipment using both hands	Lesson 5/6
Equipment Needed	Tennis balls, beanbags, cones, markers, beach ball.	
Success Criteria	Children can: <ul style="list-style-type: none">Follow the flight of the ball and get their hands/body in line with itKnow when an object is at its highest point and can move their hands towards itDevelop and refine a range of ball skills including throwing, catching, kicking, passing, batting, and aiming	
Warm Up	Freeze Tig: 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	Pairs: Children will now work in 2's. They must practice their throwing and catching. Starting one metre apart and each time they both catch the ball without dropping it they can take a step backwards. They continue to do this and see how far they can get. If they drop the ball at any time, then they must start from the beginning. The further they get away from each other the technique changes from underarm to overarm. Incoming: Split the playing area into quarters (two areas needed for a full class), with four 'strikers' in the middle of the room - facing outwards. They then must underarm throw a ball into their quarter - where their team will be standing. If someone catches it first time (no bounce) 10 points, after one bounce - 5 points, 2 or more 1 point! Each striker gets three throws each, then rotate. Beat The Ball: In teams of six, The player who is up first, must catch the ball from the bowler, and throw into the area over arm. The player must run to the top of the area and back before the fielding team can throw the ball through each of these three zones. If the 'thrower' gets back before the ball they score. Ball must land in the area from the initial throw.	
Cooldown	Recap and discuss Success Criteria.	

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Lesson Objective	To show increasing control over an object in pushing, patting, throwing, or catching or kicking it	Lesson 6/6
Equipment Needed	Tennis balls, beanbags, medium sized ball, rugby balls, hoops, buckets, cones, markers.	
Success Criteria	Children can: <ul style="list-style-type: none">• Track balls and other equipment, moving in line to collect them• Throw a ball in a variety of ways, depending on the distance it needs to travel• Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines• Show different methods of sending an object towards a partner	
Warm Up	Cross The Area: <p>All children with a ball, starting at one side of the area, all children with a ball need to dribble to the opposite side of the area. Choose several children to become defenders. Their job is to stop the children dribbling across by tracking them and placing their foot on top of their ball. If a player has been stopped by the defender, they join the defending team.</p>	
Main Activity	Pairs: <p>Children will now work in 2's. They must practice their throwing and catching. Starting one metre apart and each time they both catch the ball without dropping it they can take a step backwards. They continue to do this and see how far they can get. If they drop the ball at any time, then they must start from the beginning. The further they get away from each other the technique changes from underarm to overarm.</p> Roll, Receive, Throw, Catch: <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 without stopping, how many can you do without dropping or losing control of the ball.</p> Battleships: <p>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.</p> Mini Boccia: <p>Children stand behind a throwing line that they cannot cross. Each player has a coloured set of bean bags (3) and a 'yellow' (different to the two sets) bean bag. Player 1 throws out the yellow bean bag, this is the target. The players now take it in turns to throw a bean bag as close to possible to the target. The player with the closest bean bag to the target wins the round.</p>	
Cooldown	Recap and discuss Success Criteria.	