

Lesson Objective

To bounce and catch a small/medium sized ball

Lesson 1/6

Equipment Needed

Success Criteria

Children can:

- 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:

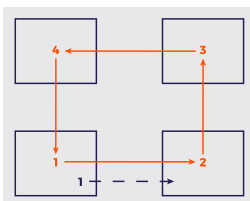
Children bounce the ball to themselves, as they try to catch after one bounce.

Skill Acquisition:

In 2's players place a hoop in between them. Player 1 bounces the ball into the hoop, where player two then attempts to catch the ball before it bounces again.

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.



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.

Lesson Objective

To reinforce the skills of throwing underarm and overarm

Lesson 2/6

Equipment Needed

Tennis balls, bean bags, cones, markers, beach ball, balloons, pom poms, spiky balls

Success Criteria

Children can:

- Sometimes catch a beanbag and/or a medium sized ball
- Stand correctly whilst throwing a ball underarm
- Throw a ball under arm with one hand
- Understand their arm action whilst throwing the ball
- Intercept/stop a bean bag whilst in flight

Warm Up

Swap It:

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.

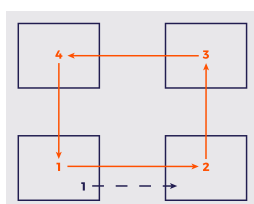
Main Activity

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.

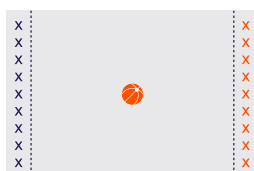
Roll, Receive, Throw, Catch:

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?



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.



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 then 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.

Lesson Objective

To introduce the skills of kicking a 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:

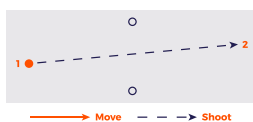
- Dodge a opponent using a variety of different techniques
- Move away from crowded areas into space
- Change direction quickly, make sharp turns and off balance the person trying to defend them

Warm Up

Swap It:

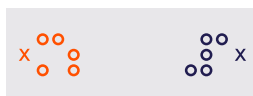
All children start catching a balloon/scarf. Once they are comfortable, they can choose another piece of equipment to use. Equipment ranges from beach ball, bean bag, tennis ball, pom pom ball, spiky ball, medium sized ball, rugby ball.

Main Activity



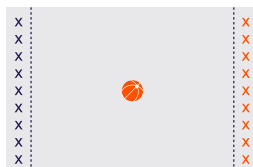
Skill Acquisition:

In 2's, stand opposite each other 5/10m apart. Children to pass/kick the ball to each other, focusing on using the inside of their foot. PROGRESSION: Create targets in between the players so they have something to aim at. Children take it in turns striking the ball towards the target and their partner. Children initially start with a stationary ball and work on the ABC of shooting. At first, encourage children to contact their laces and focus less on power.



Battleships:

Children will work in pairs. They will need five cones for each working group, one to mark out the passing mark, this is where the ball must be placed. The other four create targets (or 'ships'). Each child has four lives, 'child number 1' must announce which colour they are aiming at. If they hit that colour with their pass, they sink the ship! It is then 'child number 2's' turn to try and sink a ship.



Kick To Win:

Split the class in half and two teams per area. Children must stand behind the 'kicking line' and aim their small ball at a beach ball placed on top of a cone in the middle, once the beach ball is knocked off, the team then aim to hit the beach ball across the other teams 'kicking line' to win. They can only kick the ball from behind the line and must not touch the beach ball.

Cooldown

Recap and discuss Success Criteria.

Lesson Objective

To throw and kick a ball to a stationary target over various distances

Lesson 4/6

Equipment Needed

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

Success Criteria

Children can:

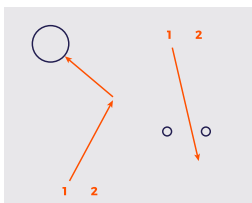
- Be aware that the further the target the harder they need to throw or kick the ball
- Recognise whether they need to throw or kick the ball to the target

Warm Up

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.

Main Activity



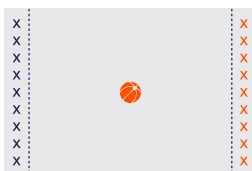
Target Golf:

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.



Aim To Win:

Split the class in half and two teams per area. Children must stand behind the 'action line' and aim their piece of equipment at a beach ball placed on top of a cone in the middle, once the beach ball is knocked off, the team then aim to hit the beach ball across the other teams 'action line' to win. They can only kick, throw, roll the ball/beanbag from behind the line and must not touch the beach ball.

Cooldown

Recap and discuss Success Criteria.

Lesson Objective

To show control and accuracy with the basic actions of throwing, rolling and kicking a ball

Lesson 5/6

Equipment Needed

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

Success Criteria

Children can:

- 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 ball is at the top of its bounce
- Throw and kick a ball in a variety of ways, depending on the game

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

Roll, Receive, Throw, Catch:

In 2's one player rolls the ball to their partner who receives the ball and stands up.

- Down to one knee
- Cupped hands between the legs to 'scoop' ball

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?



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.

Mini Boccia:

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.

Cooldown

Recap and discuss Success Criteria.

Lesson Objective

To understand the difference in a variety of games using throwing and kicking tactics/rules

Lesson 6/6

Equipment Needed

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

Success Criteria

Children can:

- Understand that games can be different
- Understand basic rules of the games and the boundaries set in place

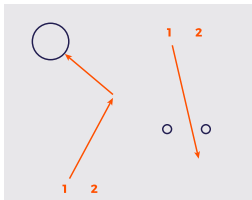
Warm Up

Don't Get Caught:

In two halves, one side is dribbling with hands one with feet. Children start by dribbling around with the ball, children have to move around with their ball at the same time attempt to knock the ball out of an opponent. Once a child's ball has left the court, they then move to the other area to continue playing. Children continuously play from area to area.

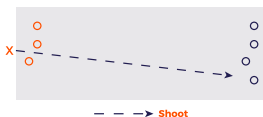
Main Activity

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.

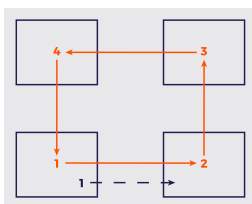


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Base To Base:

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Cooldown

Recap and discuss Success Criteria.