

Year 1 - Intro to Games

Lesson Plan

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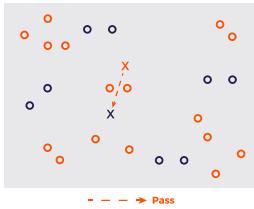
Lesson Objective	To dribble a ball using their feet in several small competitive games	Lesson 1/6
Equipment Needed	Footballs – enough for one each (minimum one between two), cones, flat markers, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">Dribble the ball with their feet, keeping it under controlMove in a variety of directions whilst keeping the ball under control	
Adapted Learning (Differentiation) (Challenge)	Group by ability.	
Key Questions	How do we dribble a ball with our feet?	
Warm Up	North, South, East, West: All children with a ball, starting at one side of the area. Name the four sides of the area, North, South, East and West. Children dribble around the area then on the Coaches call, must turn towards the appropriate side of the area. Quickly change the call to encourage turning/change of direction.	
Main Activity	<p>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.</p> <p>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.</p> <p>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.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Encourage children to: <ul style="list-style-type: none">Keep the ball in front of them, using light touchesTry and use different parts of the foot to keep control	

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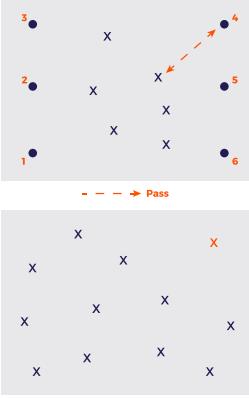
Lesson Objective	To introduce turning and changing direction whilst dribbling a ball with their feet Lesson 2/6
Equipment Needed	Footballs – enough for one each (minimum one between two), cones, flat markers, bibs.
Success Criteria	Children can: <ul style="list-style-type: none">Change direction with the ball whilst movingTurn with the ball using different surfaces of the footTurn in different direction whilst keeping the ball under control
Adapted Learning (Differentiation) (Challenge)	Group by ability.
Key Questions	What parts of the foot can I use when turning?
Warm Up	Ball Mastery: Each child has a ball, and they move around the area. Encourage the children to take small touches, keeping the ball close. Introduce a number of turns for the children to try in a non competitive environment.
Main Activity	Cross The Area: 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. North, South, East, West: All children with a ball, starting at one side of the area. Name the four sides of the area, North, South, East and West. Children dribble around the area then on the Coaches call, must turn towards the appropriate side of the area. Quickly change the call to encourage turning/change of direction. Turning Gates: For this activity mark out a large square/rectangle. Within which lay out several gates with cones. Place these gates at three set distances apart. I.e., large gate = Red, Medium gate = Blue, Small gate = Orange. Children must dribble then turn through the various gates. PROGRESSION – Set a time limit, how many gates can you dribble/turn through in one minute.
Cooldown	Recap and discuss Success Criteria.
Key Technical Points	Encourage children to: <ul style="list-style-type: none">Keep the ball in front of them, use the different parts of the footTake lots of light touches



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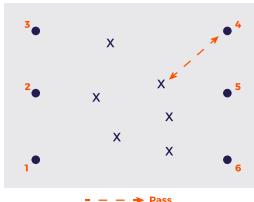
Lesson Objective	To dribble a ball using their hands against an opponent	Lesson 3/6
Equipment Needed	Basketball – enough for one each (Minimum one between two), cones, flat markers, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">Dribble a ball with their hands in a stationary positionUnderstand how they need to bounce the ball to keep controlPlay against an opponent and understand how to keep the ball under controlUse their bodies to protect the ball against the defender	
Adapted Learning (Differentiation) (Challenge)	Group by ability, children use their preferred hand only.	
Key Questions	How do we dribble?	
Warm Up	Skill Acquisition: Begin in 2's by one player dribbling the ball on the spot. Children will use their preferred hand, then their non-preferred and, then switch between both.	
Main Activity	Traffic Lights: Children move around the basketball court by dribbling the ball. Coach starts by shouting out the commands and holding up cones simultaneously. On Green – children dribble around the space avoiding each other. On Amber – children stay stationary and dribble on the spot. On Red – children must stop. PROGRESSION – Don't shout out colours, just hold up cones.  Dribbling Circle: Split the class into groups of 12. Have half the children on the outside of the court with a ball, and the other half moving around the inside of the children. Each child receives a ball and then dribbles through the area towards an open player. They pass the ball, then go and receive another ball. Repeat then swap roles. PROGRESSION : Once the player passes to the opponent on the outside, they swap places, and that player dribbles through the area towards an open player on the outside. Champion Of The Court: On the basketball court, have all children dribbling the ball, children have to move around in an attempt to knock the ball out of the court whilst maintaining control of their own ball. Once ball has left the court, they then become the defender and must try and knock the rest of the class out of the court. Last one in is the Champion.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Dribbling: <ul style="list-style-type: none">Bounce the ball at waist heightBend knees slightlyUse finger tips to push the ball downwards	

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Lesson Objective	To move with a ball using a variety of techniques against an opponent	Lesson 4/6
Equipment Needed	Basketballs, cones, markers, hoops.	
Success Criteria	Children can: <ul style="list-style-type: none">Play against an opponent and understand how to keep the ball under controlKnow what technique is needed depending on the game and/or ballKnow what equipment can be used for to create multi skilled games	
Adapted Learning (Differentiation) (Challenge)	Group by ability, children use their preferred hand only.	
Key Questions	How do we dribble?	
Warm Up	Skill Acquisition: Begin in 2's by one player dribbling the ball on the spot. Children will use their preferred hand, then their non-preferred and, then switch between both.	
Main Activity	Steal The Tail: 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. Receive & Dribble: Split the class into groups of 12. Have half the children on the outside of the court with a ball, and the other half moving around the inside of the children. Players in the middle receive a pass then dribble to another player who is on the outside. They then move to another player to receive a new ball, repeat for two minutes and swap roles. PROGRESSION: Have a defender in the middle that tries to steal the ball.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Dribbling: <ul style="list-style-type: none">Bounce the ball at waist heightBend knees slightly'Push' the ball, don't 'slap' it	

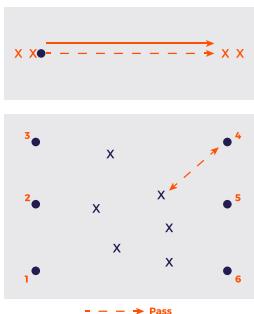


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Lesson Objective	To introduce and develop different types of passing	Lesson 5/6
Equipment Needed	Footballs – enough for one each (minimum one between two), cones, flat markers, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">• Chest pass the ball to a partner• Cushion the ball into their chest when catching• Be introduced to different passes including the overarm and bounce passes	
Adapted Learning (Differentiation) (Challenge)	Change the distance the children are passing from.	
Key Questions	How do we pass the ball?	
Warm Up	Coaches Call: <p>Pupils jog around the court move into spaces jogging constantly, when you call out "Ready Position!" – The children respond by placing their hands in the ready position and shout 'Shoot, Pass, Dribble', when you call out "Block!" – The children respond by jumping in the air with one hand raised, when you call out "Defence!" – The children all adopt the defensive position.</p>	
Main Activity	Skill Acquisition: <p>Explain that the main type of pass in basketball is the 'chest pass', called that because you pass and receive it from your chest. Children stand around 3m away from their partner, in two straight lines, with a safe space between each child. Children pass the ball to each other using a chest pass.</p> <p>Passes:</p> <ul style="list-style-type: none">• Flat, quick pass, not looped (because opponent can intercept it)• Hands either side of the ball, with elbows pointing out• Finish with hands pointing towards the target <p>Receiver:</p> <ul style="list-style-type: none">• Both hands outstretched to person passing• Bring ball into body as ball is received <p>Pass & Follow: Pupils work in 4's. Passing the ball and following the pass. Demonstrate the chest pass and instruct pupils to attempt within their group. After pupils have had sufficient time to practice. PROGRESSION: Timed challenge – How many chest passes can you complete in one minute?</p> <p>Receive & Dribble: Split the class into groups of 12. Have half the children on the outside of the court with a ball, and the other half moving around the inside of the children. Players in the middle receive a chest pass then dribble and pass to another player who is on the outside. They then move to another player to receive a new ball, repeat for two minutes and swap roles.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	The Chest Pass: <ul style="list-style-type: none">• Hold the ball against chest• Hands each side of the ball• Step into pass• Points fingers at target	



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Lesson Objective	To play small games using the techniques learnt	Lesson 6/6
Equipment Needed	Footballs (size 3), basketballs, cones, markers, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">Play small games using the skills learnt throughout the termDodge and avoid players on the opposite teamsUnderstand basic rules of games and can follow them	
Adapted Learning (Differentiation) (Challenge)	Use different sized, coloured equipment. Change the size of the area. Encourage children to use weaker foot. Group pairs by ability	
Key Questions	What are the rules of the game?	
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	<p>Set up a variety of different pitches to play small sided games involving playing with their feet and their hands.</p> <p>Conditioned Games: Split your class into teams of three (split the higher ability, middle ability and lower ability). Set up as many pitches as you need, and ensure teams play against teams of a same ability. Goals must be scored inside of the area.</p> <p>Small Sided Matches: Split class into teams of three. Playground split into playing areas, each with marked out 'end zones' at either end. The aim of the game is to pass the ball to a player in the end zone. Children to play in equal teams with one nominated player to catch the ball in the end zone and then shoot. Ensure that all children are dribbling and using both chest and bounce passes. Show children good examples of how to pass and move to receive the ball in a space. Emphasise that children should show their hands to receive the ball in a good position. Encourage children to mark opponent players throughout to make sure they don't get the ball.</p>	
Cooldown	Recap and discuss Success Criteria.	