

Year 1 - Fundamental Movement Skills

Object Control - Lesson Plan

PLAYING
EDSTART

Lesson Objective	To roll a ball back and forth with a partner	Lesson 1/6
Equipment Needed	Tennis balls, beanbags cones, markers, beach ball.	
Success Criteria	Children can: <ul style="list-style-type: none">• The correct way to roll a ball• Pick up and put down objects with ease and accuracy• Understand how to get low to the ground when rolling the ball• Get into line with the ball and are able to receive it	
Adapted Learning (Differentiation) (Challenge)	Make the distance smaller, start by sitting on the floor and pushing the ball.	
Key Questions	How do we roll a ball?	
Warm Up	Freeze Tag: 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.	
Key Technical Points	Rolling: Bend your rolling arm at the elbow, step forward with opposite leg and bend the knees so you get closer to the floor. Bring rolling arm back then forwards and release the ball when your hand is in line with your front knee, low down to the ground.	

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Lesson Objective	To throw and catch underarm using a variety of equipment	Lesson 2/6
Equipment Needed	Tennis balls, bean bags, cones, markers, beach ball.	
Success Criteria	Children can: <ul style="list-style-type: none">• Throw a ball/bean bag underarm with some accuracy• Understand how to throw the ball underarm with control and accuracy• Watch the flight of an object and are able to move inline with object in order to catch underarm	
Adapted Learning (Differentiation) (Challenge)	Reduce the distance of the throw, use smaller/bigger or lighter equipment.	
Key Questions	How do we throw a ball underarm?	
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	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. 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? 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. Sink That Ship: Split the children into groups of no more than five, each group will have a small disc cone they must stand behind. In front of this cone place three larger obstacles (large cone, bucket, cricket wicket, anything large that will fall over if a ball hits it!). To sink a ship the children, need to knock down all three obstacles by throwing balls at them.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Underarm Throwing: <ul style="list-style-type: none">• Stand with one foot in front of the other• Keep the swinging arm straight throughout the action toward target• Release point is at a point midway between the waist and shoulder	

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Lesson Objective	To throw and catch overarm using a variety of equipment	Lesson 3/6
Equipment Needed	Tennis balls, bean bags, cones, markers, beach ball.	
Success Criteria	Children can: <ul style="list-style-type: none">Be aware that the further the target the harder they need to throw the objectUnderstand how to throw the ball overarm with control and accuracyUse basic throwing techniques to hit large targets	
Adapted Learning (Differentiation) (Challenge)	Reduce the distance of the throw, use smaller/bigger or lighter equipment.	
Key Questions	How do we throw a ball overarm?	
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	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. 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.	
Key Technical Points	Overarm Throw: <ul style="list-style-type: none">Stand side-ways onOpposite leg forward to throwing arm with weight on the back legThe arm extends back and bends through to release above the head	

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Lesson Objective	To judge the flight of an object and catch it using the correct technique	Lesson 4/6
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">• Perform a range of rolling, throwing, catching, and gathering skills, with control• Start to understand what skills are needed in certain situations	
Adapted Learning (Differentiation) (Challenge)	Group by ability, children to stand further or closer apart when throwing. Change the size and weight of the ball.	
Key Questions	How do we judge the flight of the ball?	
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	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: Two hand catch using a bean bag, one hand catch using a bean bag, one hand to the other catching using a bean bag, two hand catch using a ball. Skill Acquisition: Children are in groups of two with bean bag/ball. They take it in turns to practice throwing the bean bag/ball. As each player gets better, encourage them to move further back. This will help them to judge how hard and far to throw the ball. Children vary how they throw the bean bag/ball to their partner, so that when catching they must judge the flight of the object. Use the individual challenges below to adapt lesson. Don't Drop The Ball: Children are in groups of six. They are placed in a hexagon shape made up of cones. They must pass the ball round the group and see how many underarm passes they can make without dropping the ball. Coach to shout out the highest scores to beat.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Keep their eyes on the ball as it travels.	

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Lesson Objective	To kick a ball accurately over a variety of distances	Lesson 5/6
Equipment Needed	Footballs balls, bean bags, cones, markers, beach ball.	
Success Criteria	Children can: <ul style="list-style-type: none">Understand their leg action whilst kicking the ballKick a ball along the floor using their left and right feet to a variety of targets	
Adapted Learning (Differentiation) (Challenge)	Group by ability, children to stand further or closer apart when throwing. Change the size and weight of the ball.	
Key Questions	How do we kick a ball?	
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	Skill Acquisition: In 2's, stand opposite each other 5/10 metres 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 make contact with 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. Edstart World Cup: Set lots of mini pitches around your playing area. If you can set up three pitches, have six teams. 4 pitches = 8 teams etc. In each team give each child a number and place a ball in the middle of each pitch. Teams line up at opposite ends of the pitch. When you call out a number ("Number 4!"), Number 4's run onto the pitch and try and score – the opposite number 4 must try and stop them/ score themselves.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<ul style="list-style-type: none">Use the instep of the foot to 'push' the ballPlace non kicking foot pointing towards target at side of the ball	

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Lesson Objective	To show control and accuracy with the basic actions of throwing, rolling and kicking a ball	Lesson 6/6
Equipment Needed	Tennis balls, beanbags, medium sized ball, footballs (size 3), 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 and understand when ball is at the top of its bounce/flight• Recognise whether they need to throw or kick the ball to the target• Throw and kick a ball in a variety of ways, depending on the game	
Adapted Learning (Differentiation) (Challenge)	Group by ability.	
Key Questions	When do we use each technique during games?	
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	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. 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 the bean bag 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 Unit of Work.	