

# Year 2 - Fundamental Movement Skills

## Object Control - Lesson Plan

PLAYING  
EDSTART

<b>Lesson Objective</b>	To roll a ball back and forth with a partner using the correct technique	<b>Lesson 1/6</b>
<b>Equipment Needed</b>	Tennis balls, beanbags cones, markers, beach ball.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>• Throw the correct way to roll a ball</li><li>• Understand how to get low to the ground when rolling the ball</li><li>• Get into line with the ball and are able to receive it</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Make the distance smaller, start by sitting on the floor and pushing the ball.	
<b>Key Questions</b>	How do we roll a ball?	
<b>Warm Up</b>	<b>Freeze Tig:</b> 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.	
<b>Main Activity</b>	<b>Skill Acquisition:</b> 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.   <b>Battleships:</b> 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.  <b>Roll To Win:</b> 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.	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<b>Rolling:</b> 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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<b>Lesson Objective</b>	To throw and catch underarm and overarm using a variety of equipment using the correct techniques	<b>Lesson 2/6</b>
<b>Equipment Needed</b>	Tennis balls, bean bags, cones, markers, beach ball.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>Throw a ball/bean bag underarm with some accuracy</li><li>Throw a ball/bean bag overarm with some accuracy</li><li>Perform a range of rolling, throwing, catching, and gathering skills, with control</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Reduce the distance of the throw, use smaller/bigger or lighter equipment.	
<b>Key Questions</b>	How do we throw a ball underarm? How do we throw a ball overarm?	
<b>Warm Up</b>	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.	
<b>Main Activity</b>	<p><b>Pairs:</b> 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> <p><b>Hot Potato:</b> 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><b>Beat The Ball:</b> In teams of six, the player who is up first, must catch the ball from the bowler, and throw into the area either underarm or 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.</p>	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<p><b>Underarm Throwing:</b></p> <ul style="list-style-type: none"><li>Stand with one foot in front of the other</li><li>Keep the swinging arm straight throughout the action toward target</li><li>Release point is at a point midway between the waist and shoulder</li></ul>	<p><b>Overarm Throw:</b></p> <ul style="list-style-type: none"><li>Stand side-ways on</li><li>Opposite leg forward to throwing arm with weight on the back leg</li><li>The arm extends back and bends through to release above the head</li></ul>



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<b>Lesson Objective</b>	To kick a ball to a moving target over various distances	<b>Lesson 3/6</b>
<b>Equipment Needed</b>	Footballs (size 3 plus small/lighter for differentiation) cones, markers, bibs.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>Understand their leg action whilst kicking the ball</li><li>Kick a ball along the floor using their left and right feet to a variety of targets</li><li>Recognise whether they need to kick the ball to the target</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Use different sized, coloured equipment. Change the size of the area.	
<b>Key Questions</b>	How do we strike a ball?	
<b>Warm Up</b>	<b>Ball Mastery:</b> 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.	
<b>Main Activity</b>	<b>Skill Acquisition – Shooting:</b> Split class into groups of two. 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.  <b>Battleships (Shooting):</b> 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.  <b>Edstart World Cup:</b> 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.	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<ul style="list-style-type: none"><li>Place one leg at the side of the ball, and bring the other leg backwards</li><li>Swing leg towards the ball, contacting the middle of the ball</li><li>Keep head over the ball so the ball stays low</li></ul>	

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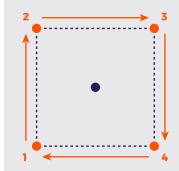
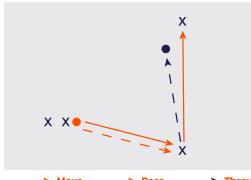
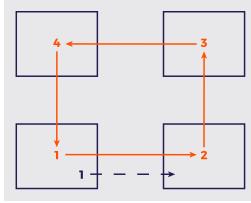
PLAYING  
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<b>Lesson Objective</b>	To show control and accuracy with the basic actions of throwing, rolling and kicking a ball	<b>Lesson 4/6</b>
<b>Equipment Needed</b>	Tennis balls, beanbags, medium sized ball, rugby balls, hoops, buckets, cones, markers.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>Be aware that the further away the target the harder they need to throw or kick the ball</li><li>Track balls and other equipment, moving in line to collect them and understand when ball is at the top of its bounce/flight</li><li>Throw and kick a ball in a variety of ways, depending on the game</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group by ability.	
<b>Key Questions</b>	What technique do you need for different tasks?	
<b>Warm Up</b>	<b>Stuck In The Mud:</b> 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.	
<b>Main Activity</b>	<b>Roll, Receive, Throw, Catch:</b> In 2's one player rolls the ball to their partner who receives the ball and stands up. <ul style="list-style-type: none"><li>Down to one knee</li><li>Cuffed hands between the legs to 'scoop' ball</li></ul> 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. <b>PROGRESSION:</b> Switch roles without stopping, how many can you do without dropping or losing control of the ball?  <b>Target Golf:</b> 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.  <b>Battleships:</b> 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.	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	Underarm throw for short distance, overarm for longer distance.	

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<b>Lesson Objective</b>	To understand the difference in a variety of games using throwing and kicking tactics/rules	<b>Lesson 5/6</b>
<b>Equipment Needed</b>	Tennis balls, beanbags, medium sized ball, footballs (size 3), hoops, buckets, cones, markers.	
<b>Success Criteria</b>	Children can: <ul style="list-style-type: none"><li>Understand that games can be different</li><li>Understand basic rules of the games and the boundaries set in place</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group by ability.	
<b>Key Questions</b>	When do I throw and when do I kick?	
<b>Warm Up</b>	<b>Judging The Flight:</b> 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.	
<b>Main Activity</b>	<p><b>Hit The Spot:</b> In a 10x10m area, players are situated at a ball placed on a cone. There is a ball sat on the cone in the middle of the area. The aim of the drill is to be the first one to run round the outer balls and back to their own ball, throw and hit the target ball from the cone in the middle of the area. The first player to do this is the winner and shouts 'DODGEBALL' All players run round.</p>  <p><b>Throw, Catch, Aim:</b> In groups of four, the ball is passed (and caught) by the player who then aims at a target at the other end of the court. Ball is retrieved, and players rotate round, and the drill is repeated.</p>  <p><b>Base To Base:</b> 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.</p> 	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	Throwing to get the ball into a target or teammates hands.	

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<b>Lesson Objective</b>	To select various pieces of equipment and come up with and play small multi skilled games	<b>Lesson 6/6</b>
<b>Equipment Needed</b>	Tennis balls, beanbags, medium sized ball, footballs (size 3), hoops, buckets, cones, markers.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>• Know what equipment can be used to create multi skilled games</li><li>• Organize small games and play to set rules they have created</li><li>• Play small games using the skills learnt throughout the term</li><li>• Understand basic rules of games, and can follow them</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group by ability.	
<b>Key Questions</b>	What techniques do I need to use?	
<b>Warm Up</b>	<b>Stuck In The Mud:</b> 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.	
<b>Main Activity</b>	<b>Dodgeball Gauntlet:</b> Split the class into teams of six. On one dodgeball court, have one team stood on the sides of the court acting as throwers, the other team stand at the end of the court. On the coaches call of 'GO' children must try and run to the other side of the court without being hit by the ball thrown by the throwers. The aim of the game is to as many to the other side as possible.  <b>Battleships:</b> 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.  <b>Targets:</b> 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.  <b>Target Golf:</b> 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. Depending on the equipment the target is made up with depends on what technique is needed to play the shot.	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	Children can use the appropriate technique depending on the game.	