

Year 2 - Intro to Games

Football, Basketball & Handball - Lesson Plan

PLAYING
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Lesson Objective	To dribble a ball using their feet in football	Lesson 1/6
Equipment Needed	Footballs (Size 3 plus small/lighter for differentiation) cones, marker, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">• Dribble the ball with their feet, keeping it under control• Move 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	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	Road Race: <p>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 5 times. Change Car - Children put their foot on their ball to stop it and move and dribble with another ball.</p>  Traffic Lights: <p>Children move around the area 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 stationery and dribble on the spot. On Red - children must stop. PROGRESSION - Don't shout out colours, just hold up cones.</p> Dribbling Gates: <p>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>	
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 touches• Try and use different parts of the foot to keep control	

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Lesson Objective

To introduce turning using different surfaces of the foot whilst up against a defender

Lesson 2/6

Equipment Needed

Footballs (Size 3 plus small/lighter for differentiation) cones, marker, bibs.

Success Criteria

Children can:

- Change direction with the ball whilst moving
- Turn with the ball using different surfaces of the foot
- Understand to keep their knee bent when changing direction, to be able to push away with speed
- Start the turn slow then push away fast

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.

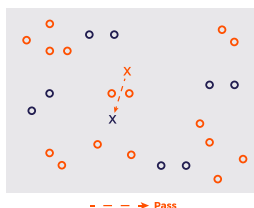
Main Activity

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:

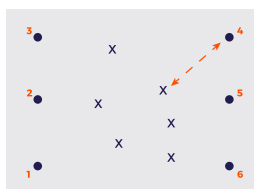
- Keep the ball in front of them, use the different parts of the foot
- Take lots of light touches

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Lesson Objective	To dribble a ball using their hands against an opponent in basketball	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 position• Understand how they need to bounce the ball to keep control• Play against an opponent and understand how to keep the ball under control• Use 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 height• Bend knees slightly• Use finger tips to push the ball downwards	



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Lesson Objective	To introduce chest passing in basketball	Lesson 4/6
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">• Chest pass the ball to a partner over a variety of distances• Cushion the ball into their chest when catching• Pass the ball over a variety of distances and know how hard it needs to be passed	
Adapted Learning (Differentiation) (Challenge)	Smaller balls, vary the distance between passer and receiver.	
Key Questions	How do we chest 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	 <p>Skill Acquisition:</p> <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>Receive & Move:</p> <p>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 from player who is on the outside and pass back. They then move to another player to receive a new ball, repeat for two minutes and swap roles. PROGRESSION: Players receive the ball from one player and dribble across the area and pass to another player who is open.</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 introduce and develop different types of passing used in handball	Lesson 5/6
Equipment Needed	Cones, markers, bibs, handballs, softballs.	
Success Criteria	Children can: <ul style="list-style-type: none">• Pass the ball using the overarm pass• Understand when to use the bounce pass to get the ball to a teammate	
Adapted Learning (Differentiation) (Challenge)	Group by ability, use a larger/lighter ball to encourage success.	
Key Questions	How do we pass the ball?	
Warm Up	Ball Handling: <p>If possible children have a ball each. They copy the coach who will demonstrate different ball handling activities. For example, rolling the ball through the legs forming an eight. Fast ball handling through the spread legs, moving the hands accordingly. Throwing the ball backwards through the legs, turning around and catching the ball. Throwing the ball while lying on the back, turning around and catching the ball, etc.</p>	
Main Activity	Passing Drill: <p>Children need to get into groups of four. Two on one side and two at the other side (about 5m apart). Coach goes through each pass one by one. Children pass the ball and follow it to the opposite side where their partners are standing. PROGRESSION: Change the type of the pass to your partner. Use the bounce pass as well as the overhead pass.</p>  Pass & Move: <p>Split your class into four groups (organise this by ability). In each group ask one child to act as the defender, this makes all of the other children 'attackers' – they must pass the ball to each other keeping it in their 'box' and away from the defender. All groups start and stop at the same time, the aim of the game is to have completed the greatest number of passes in the time you allocate. Children need to get used to moving the ball quickly.</p> 	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Overhead Pass: <p>Elbow 90°, transfer weight, follow through, and throw over the top of your head.</p>	

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Lesson Objective	To pass and move in handball	Lesson 6/6
Equipment Needed	Cones, markers, bibs, handballs, softballs.	
Success Criteria	Children can: <ul style="list-style-type: none">• Attempt to shoot in a game situation• Apply their throwing and catching skills when taking part in small games• Combine the skills of moving and passing	
Adapted Learning (Differentiation) (Challenge)	Group by ability, use a larger/lighter ball to encourage success.	
Key Questions	How do we pass the ball whilst moving?	
Warm Up	Ball Handling: <p>If possible children have a ball each. They copy the coach who will demonstrate different ball handling activities. For example, rolling the ball through the legs forming an eight. Fast ball handling through the spread legs, moving the hands accordingly. Throwing the ball backwards through the legs, turning around and catching the ball. Throwing the ball while lying on the back, turning around and catching the ball, etc.</p>	
Main Activity	Hot Potato: <p>In groups of four, they must pass the ball around without dropping the ball. Aim to complete as many passes as possible. When the player receives the ball, they can dribble the ball before they pass. They are allowed three steps with the ball before they pass.</p>  Dribble & Pass: <p>Children need to get into groups of four. Two on one side and two at the other side (about 5/6 metres apart). Children dribble the ball towards their teammate, when they get halfway they pass the ball and follow it to the opposite side.</p>  The Fastbreak: <p>Split your class into groups of four (organise by ability). Hopefully at this point the children realise that to be effective in handball you must be able to move up the pitch quickly and accurately. PROGRESSION: Add one child to take the role of the defender.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Overhead Pass: <p>Elbow 90°, transfer weight, follow through, and throw over the top of your head.</p>	