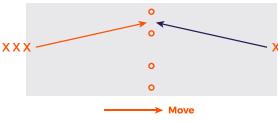


# Year 1 - Intro to Games

## Lesson Plan

PLAYING  
EDSTART

|   |   |                   |
|---|---|-------------------|
| <b>Lesson Objective</b>                               | To move and change direction quickly and under control whilst avoiding a variety of obstacles and equipment   | <b>Lesson 1/6</b> |
| <b>Equipment Needed</b>                               | Rugby balls, cones, bibs.   |                   |
| <b>Success Criteria</b>                               | <b>Children can:</b> <ul style="list-style-type: none"><li>Move their feet quickly whilst running</li><li>Change direction quickly and under control</li><li>Understand what being agile means and can show this safely and under control</li><li>Move around safely whilst holding various pieces of sporting equipment</li></ul>  |                   |
| <b>Adapted Learning (Differentiation) (Challenge)</b> | Group by ability.   |                   |
| <b>Key Questions</b>                                  | How do we dodge a defender?   |                   |
| <b>Warm Up</b>  | <b>Tails:</b><br>Make an area 20x20m. The aim of the game is to collect as many tags as possible in 30 seconds. Explain that in this game you can keep the tags and you are not out if you lost both your tags. After 30 seconds count how many tags you have. The winner is the person with the most tags.   |                   |
| <b>Main Activity</b>                                  | <b>Cross The Area:</b><br>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' 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.<br><br><b>Road Race:</b><br>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.<br><br><b>Dodging:</b><br> Attacking player starts by trying to run through 1 of the 2 gates in the middle of the field. The defender's role is to try and tag the attacker before they reach the gate. Attacker tries to create space by changing speed and direction to get away from the defender. |                   |
| <b>Cooldown</b>                                       | Recap and discuss Success Criteria.   |                   |
| <b>Key Technical Points</b>                           | <ul style="list-style-type: none"><li>Children need to be able to change direction at speed when maintain control and balance</li><li>They will attack the space and not to run directly at the defenders</li></ul>   |                   |

# Year 1 - Intro to Games

## Lesson Plan

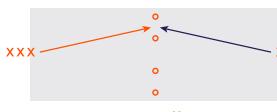
PLAYING  
EDSTART

|   |   |                   |
|---|---|-------------------|
| <b>Lesson Objective</b>                               | To dodge an opponent whilst running and change direction quickly  | <b>Lesson 2/6</b> |
| <b>Equipment Needed</b>                               | Cones, bibs (rugby balls).  |                   |
| <b>Success Criteria</b>                               | <b>Children can:</b> <ul style="list-style-type: none"><li>Dodge a defender using a variety of different techniques</li><li>Move away from crowded areas into space</li><li>Change direction quickly, make sharp turns and off balance the person trying to defend them</li></ul>   |                   |
| <b>Adapted Learning (Differentiation) (Challenge)</b> | Group by ability.   |                   |
| <b>Key Questions</b>                                  | What do you need to change to avoid being tagged?   |                   |
| <b>Warm Up</b>  | <b>Tail Tag:</b><br>Ask the children to place a bib down the back of their shorts to make a tail. Two children to be the chasers, they must pull children's tails out. Keep playing the game until you have a champion! To differentiate give your M/A children a different coloured bib and ask only the M/A chaser to chase the M/A children.   |                   |
| <b>Main Activity</b>                                  | <b>Cross The Area:</b><br>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.<br><br><b>Dodging:</b><br>Attacking player starts by trying to run through one of the two gates in the middle of the field. The defender's role is to try and tag the attacker before they reach the gate. Attacker tries to create space by changing speed and direction to get away from the defender.<br><br><b>Gauntlet:</b><br>Split the hall/field into three columns, with the class split into three. 2 Teams attack, 1 Teams defends specific areas. <ul style="list-style-type: none"><li>Children must try to run from start to finish without being tagged</li><li>Defenders must try to pull a tag off the runner, if they succeed runner goes to back of line.</li></ul> |                   |
| <b>Cooldown</b>                                       | Recap and discuss Success Criteria.   |                   |
| <b>Key Technical Points</b>                           | <ul style="list-style-type: none"><li>Children need to be able to change direction at speed when maintain control and balance</li><li>They will attack the space and not to run directly at the defenders</li></ul>   |                   |

# Year 1 - Intro to Games

## Lesson Plan

PLAYING  
EDSTART

|   |  |                   |
|---|--|-------------------|
| <b>Lesson Objective</b>                                       | To dodge an opponent in a variety of activities  | <b>Lesson 3/6</b> |
| <b>Equipment Needed</b>                                       | Tag belts, tags, rugby balls, cones, bibs.   |                   |
| <b>Success Criteria</b>                                       | Children can: <ul style="list-style-type: none"><li>Dodge an opponent using a variety of different techniques</li><li>Move away from crowded areas into space</li><li>Change direction quickly, make sharp turns and off balance the person trying to defend them</li></ul>  |                   |
| <b>Adapted Learning<br/>(Differentiation)<br/>(Challenge)</b> | Group by ability.  |                   |
| <b>Key Questions</b>  | How do we dodge a defender?  |                   |
| <b>Warm Up</b>  | <b>Stuck In The Mud:</b><br>Each player has a ball and runs around the area. Defender must try and take the tag from the attacker. If the tag is taken, replace on belt, and place ball on the floor between their legs. To get back into the game, another player rolls the ball between the legs. Once this happens, they pick up the ball and continue.   |                   |
| <b>Main Activity</b>  | <b>Tails:</b><br>Make an area 20x20m. The aim of the game is to collect as many tags as possible in 30 seconds. Explain that in this game you can keep the tags and you are not out if you lost both your tags. After 30 seconds count how many tags you have. The winner is the person with the most tags.<br><br><b>Team Tag Thru:</b><br>In teams of six. One team moves around the area holding a rugby ball each. One player from the defending team must enter area and try to steal a tag of any of the players. As soon as they do, the next player enters the area. Continue until all players are through to the other side of the area. If player drops ball, goes out of square then defender gets to walk through.<br><br><br><br><b>1v1 Attacking:</b><br>Attacking player starts by trying to run through one of the two gates in the middle of the field. The defender's role is to try and tag the attacker before they reach the gate. Defender must quickly approach the attacker, keeping eyes on the tags, staying low and reaching towards the top of the tag.<br><br> |                   |
| <b>Cooldown</b>   | Recap and discuss Success Criteria.  |                   |
| <b>Key Technical Points</b>                                   | <ul style="list-style-type: none"><li>Children need to be able to change direction at speed when maintain control and balance</li><li>They will attack the space and not to run directly at the defenders</li></ul>  |                   |

# Year 1 - Intro to Games

## Lesson Plan

PLAYING  
EDSTART

|   |   |                   |
|---|---|-------------------|
| <b>Lesson Objective</b>                               | To play games involving 'tagging'   | <b>Lesson 4/6</b> |
| <b>Equipment Needed</b>                               | Tag belts, tags, rugby balls, cones, bibs.  |                   |
| <b>Success Criteria</b>                               | Children can: <ul style="list-style-type: none"><li>Understand the role of the defending team is trying to stop the opposition</li><li>Understand the dangerous attacking player is the one who is carrying the ball</li></ul>  |                   |
| <b>Adapted Learning (Differentiation) (Challenge)</b> | Group by ability for challenge and differentiation.   |                   |
| <b>Key Questions</b>                                  | How do we tag an opponent?  |                   |
| <b>Warm Up</b>  | <b>Tails:</b><br>Make an area 20x20m. The aim of the game is to collect as many tags as possible in 30 seconds. Explain that in this game you can keep the tags and you are not out if you lost both your tags. After 30 seconds count how many tags you have. The winner is the person with the most tags.   |                   |
| <b>Main Activity</b>                                  | <b>Tagging:</b><br>Attacking player starts by trying to run through one of the two gates in the middle of the field. The defender's role is to try and tag the attacker before they reach the gate. Attacker tries to create space by changing speed and direction to get away from the defender.<br><br><b>Team Tag Thru:</b><br>In teams of six. One team moves around the area holding a rugby ball each. One player from the defending team must enter area and try to steal a tag of any of the players. As soon as they do, the next player enters the area. Continue until all players are through to the other side of the area. If player drops ball, goes out of square then defender gets to walk through.<br><br><b>Run, Dodge, Score:</b><br>Set up three areas in your space and have no more than ten children per area. Start with one catcher whose aim is to catch the runners as they cross the area. If caught they become the catcher. Players with the ball, must run through the area and avoid being tagged. Each time they cross the area, they score a try. Player with the most tries at the end wins. |                   |
| <b>Cooldown</b>                                       | Recap and discuss Success Criteria.   |                   |
| <b>Key Technical Points</b>                           | <b>Tagging:</b> <ul style="list-style-type: none"><li>Keep your eyes on hips</li><li>Stay low, facing attacker and reach for the top of the TAG</li><li>A "tag" simulates a tackle</li></ul>  |                   |

# Year 1 - Intro to Games

## Lesson Plan

PLAYING  
EDSTART

|   |  |                   |
|---|--|-------------------|
| <b>Lesson Objective</b>                               | To understand rolling, bouncing, throwing, and catching using various sized balls and when to use them in small games  | <b>Lesson 5/6</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>Understand the difference between rolling, bouncing and throwing</li><li>Throw various objects over short and long distances</li><li>Watch the flight/path of an object and stop it</li><li>Pass the ball over a variety of distances and know how hard it needs to be passed</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>Cross The Area:</b><br>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.   |                   |
| <b>Main Activity</b>                                  | <b>Roll, Receive, Throw, Catch:</b><br>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>Cupped 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>Battleships:</b><br>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>Mini Boccia:</b><br>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.   |                   |
| <b>Cooldown</b>                                       | Recap and discuss Success Criteria.  |                   |
| <b>Key Technical Points</b>                           | Children remember different techniques needed for each game.   |                   |

# Year 1 - Intro to Games

## Lesson Plan

PLAYING  
EDSTART

|   |  |   |
|---|--|---|
| <b>Lesson Objective</b>                               | To introduce the throwing technique in a variety of different activities   | <b>Lesson 6/6</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 the ball with good technique</li><li>Aim at and sometimes hit a moving target</li><li>Throw the ball whilst on the move</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?<br>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><br/>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><br/>Have children work in groups of 6 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><br/>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> |

