

FIRST PE - LESSON 5 - Early Years

EQUIPMENT:

Throw down spots, strips, hands and feet, medium size balls, mixture of different size balls

Learning Intention: *How can you move a ball?*

Physical Development:

Negotiate space and obstacles safely; with consideration for themselves and others. Demonstrate strength, balance and co-ordination. Move energetically, such as running, jumping, hopping, and skipping

WARM UP: Head, Shoulders, Knees and Toes

Children to skip, hop, jump, jog around in a given area.

If teacher calls "head, shoulders, knees and toes" children have to stop and sing and show the actions – touch head, shoulders, knees then toes (bend knees when touching toes). After they have done this they continue to move around.

Teaching Point - Children to look out for their friends when they are moving around

- Negotiate Space
- Move energetically- Running
- Move energetically- Skipping
- Move energetically- Hopping
- Move energetically- Jumping

ACTIVITY 1: Body Parts

Demonstrate co-ordination

Children to have a ball each (medium size).

Teacher to call out the following body parts and children are to react putting the ball on that body part e.g. Put the ball on your...

- | | |
|--------------|----------------|
| 1) your head | 4) arm |
| 2) toe | 5) tummy |
| 3) leg | 6) shoulder .. |



Challenge 1 - The balls rest still on the floor and children must now place the correct body part on the ball e.g. tummy, two hands, one foot, forehead. This can be made into a race with points awarded to the quickest children.

Challenge 2 - Children skip around the area, when the teacher calls a body part they quickly FREEZE and place the ball on that body part. How still can they be? Can they balance when doing this?

ACTIVITY 2: Head to Toe

Demonstrate co-ordination

Children to experiment with moving the ball on their body e.g.

- 1) Roll the ball from head to toe
- 2) Roll the ball around their tummy
- 3) What else can they do with the ball?
- 4) Can they show you?

Challenge: Can they show you a trick?



ACTIVITY 3: Moving the Ball

 Demonstrate co-ordination

Children to move the ball along the floor

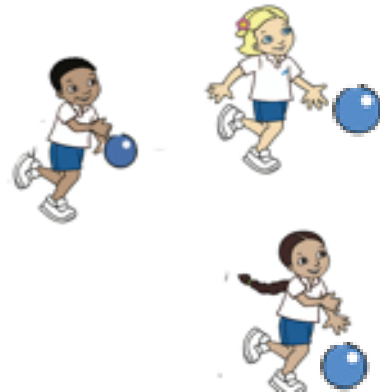
- 1) Push it along the floor with their hand
- 2) Pat the ball along the floor with their hand
- 3) What other body parts can they use to move the ball?

Teaching Points:

- Bend knees and always keep head up to look where they are going.
- Try and keep ball near to their body keeping good control.

Make it easier: Use a larger ball

Extension: Can they use some equipment to move the ball around?
e.g. throw down strips, quoits, swimming noodles (cut in half)



ACTIVITY 4: Throw and Catch

 Demonstrate co-ordination

1. Can they throw the ball in the air and catch it?

Teaching Point - Make your fingers as wide as possible and make a basket with your hands when you catch the ball.

2. Teacher can place different size balls around the room for children to have a go at throwing and catching e.g. tennis balls, beach balls, netballs, basketballs etc.

Make it harder: Use a smaller ball.

Challenge: Show a trick



COOL DOWN

Children to sing head, shoulders knees and toes – and use the ball instead of hands.

PLENARY

What did you enjoy about your lesson today? How did you move the ball?