

Learning Intention: *How can I hold equipment and move?*

Yr 1

I can hold various types of equipment when moving

I can hold a ball with two hands when moving

I can hold the ball and look up when moving

EQUIPMENT:

- 3- Medium-sized balls
- Size 3 rugby balls
- Tennis balls
- Netballs
- Cones,
- Spots
- Skipping ropes
- Throw down spots

- Belts/Bibs (1 each)

WARM UP: Racing Cars

Children to all have a ball each. They are to imagine their ball is a steering wheel (hold at either end)

Children to imagine they are driving around in their racing car:

Red: Stop

Green: Drive (jog around steering their cars)

Amber: Jump up and down, on the spot



ACTIVITY 1: Noughts and Crosses

TP:

- 2 hands on the ball

- Look forward when moving

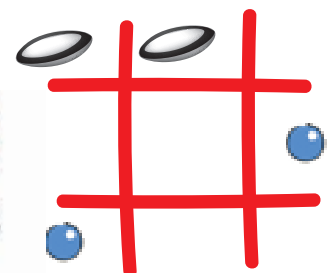
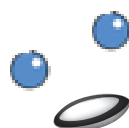
3v3 Set up a grid using throw down strips, skipping ropes or hoops for the grids

Teacher to place various pieces of equipment out e.g. bibs, cones, spots, beanbags, balls etc

Children line up and run one at a time to place the ball in the grid- the aim is to get three of the same pieces of equipment in a row- children run to the grid

Rules: Only one child can run at a time from each team

: Must hold the equipment with 2 hands



ACTIVITY 2 Duck Duck Goose

Play the game of Duck Duck Goose.

TP:
- 2 hands on the ball

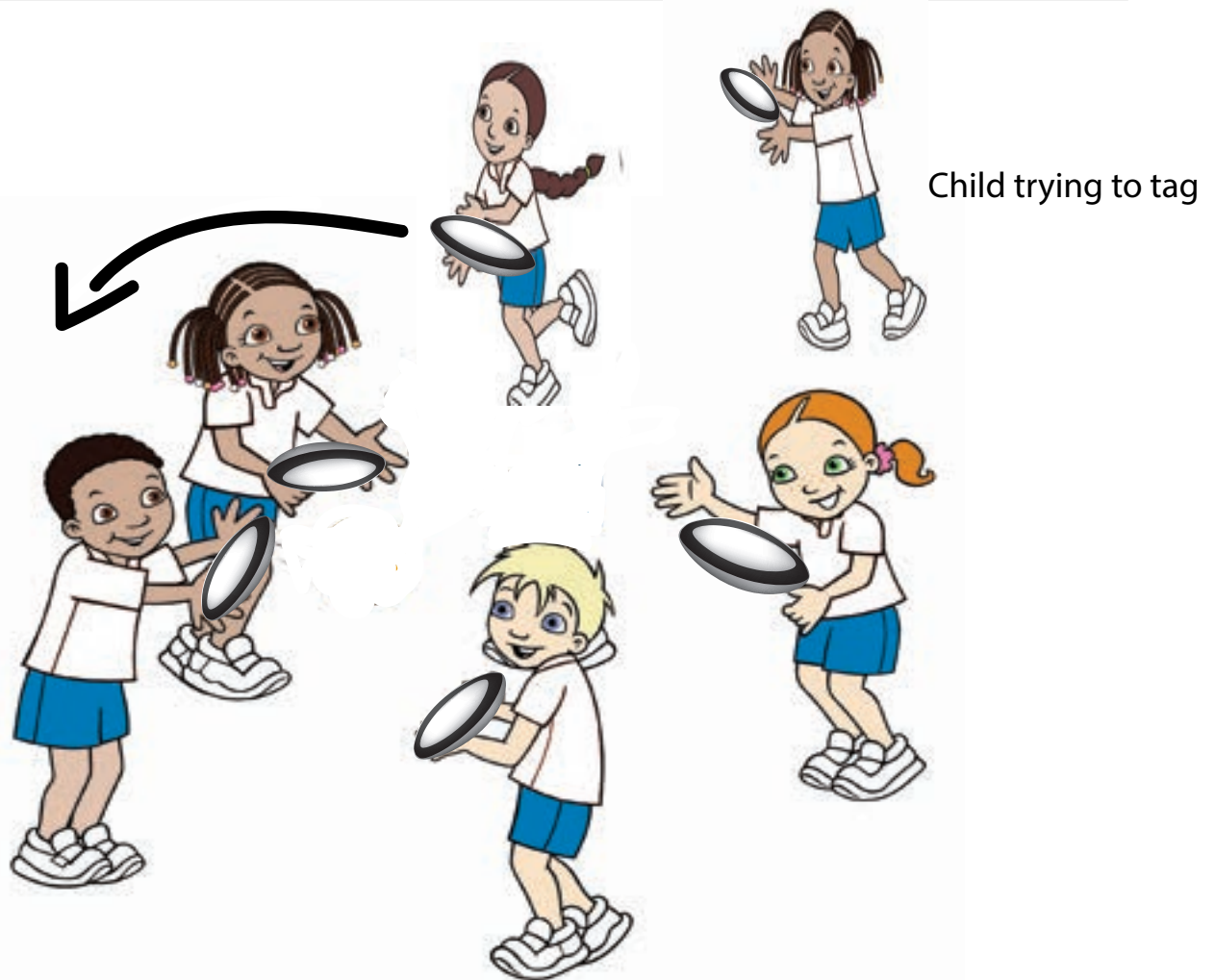
One child to walk around saying Duck, Duck, Duck... GOOSE! As soon as they call GOOSE the children that is behind must run around the circle and try and get back to their space without being tagged

All children to have a ball - any ball, rugby, netball etc

Rules: All have a ball each

Make it easier: hold a smaller ball

Make it harder: Go round the circle twice



Note: you could play the game first without a ball then add the ball into the game.

EXTENSION (if time allows): Cross the Jungle 2v2

TEACHING POINTS:

1. Non-contact Running safely
2. No diving – Stay on two feet
3. No collisions - Look where you're running

Q & A – How do we keep safe when running in a restricted area?

Teacher to go through teaching points.

Both groups to wear tag belts (different colours)

1. Set up the square as shown in the picture below.
 2. Groups of 4. Two children are the 'Cheetahs' and Two children are the 'Zoo-Keepers'
 3. 'Cheetahs' start with the ball
 4. 'Cheetahs' have to cross the jungle with the ball
 5. If a 'Zoo-Keeper' gets a 'Cheetah' tag (bib) the 'Cheetah' must pass the ball (in any direction) to a team mate.
 6. 'Zoo Keepers' can **NOT** touch the ball
 7. If a 'Zoo Keeper' grabs a tag belt, (or bib) this counts as 1 point.
 8. The game stops when the 'Cheetahs' have got the ball across to the other side of the jungle
(Placing the ball down with two hands). They win 3 points if they score!
 9. Then swap over.
- Defending team scores 1 point for every tag
 - Attacking team getting across the jungle scores (3 points)



COOL DOWN

Children to move around the area slowly (jog, walking).

PLENARY

What did you enjoy about the lesson? What is important when holding the ball?

