

Learning Intention: *How can you hand over and receive a ball?*

Yr 1

I can hand over a ball using 2 hands

I can hand over and receive a ball with 2 hands

I can hand over the ball quickly when racing

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

Half the class to have a ball (any ball) Children to move around like different animals eg. A Frog jumping, a cheetah running fast, a giraffe standing tall (ball in the air) etc...

If the teacher calls **"feed the animals"** the children pass to someone without a ball

IMPORTANT- Must pass over with 2 hands.



ACTIVITY 1: Horse and Jockey

TP:

- 2 hands on the ball
- Hand over at chest height

3 x Circles - 10 children in each circle- Place 15 balls in the middle of the circle

1. Children start off the game in this position: One behind another- Horse crouched down and Jockey standing:



2. On 'GO' the horse jumps up and runs to the middle to collect the hay (the balls)



3. They must bring the ball back and **hand it over** to their partner (not throw)

Make it harder: They can throw to their partner when they are 1 metre away



ACTIVITY 2 Race ball

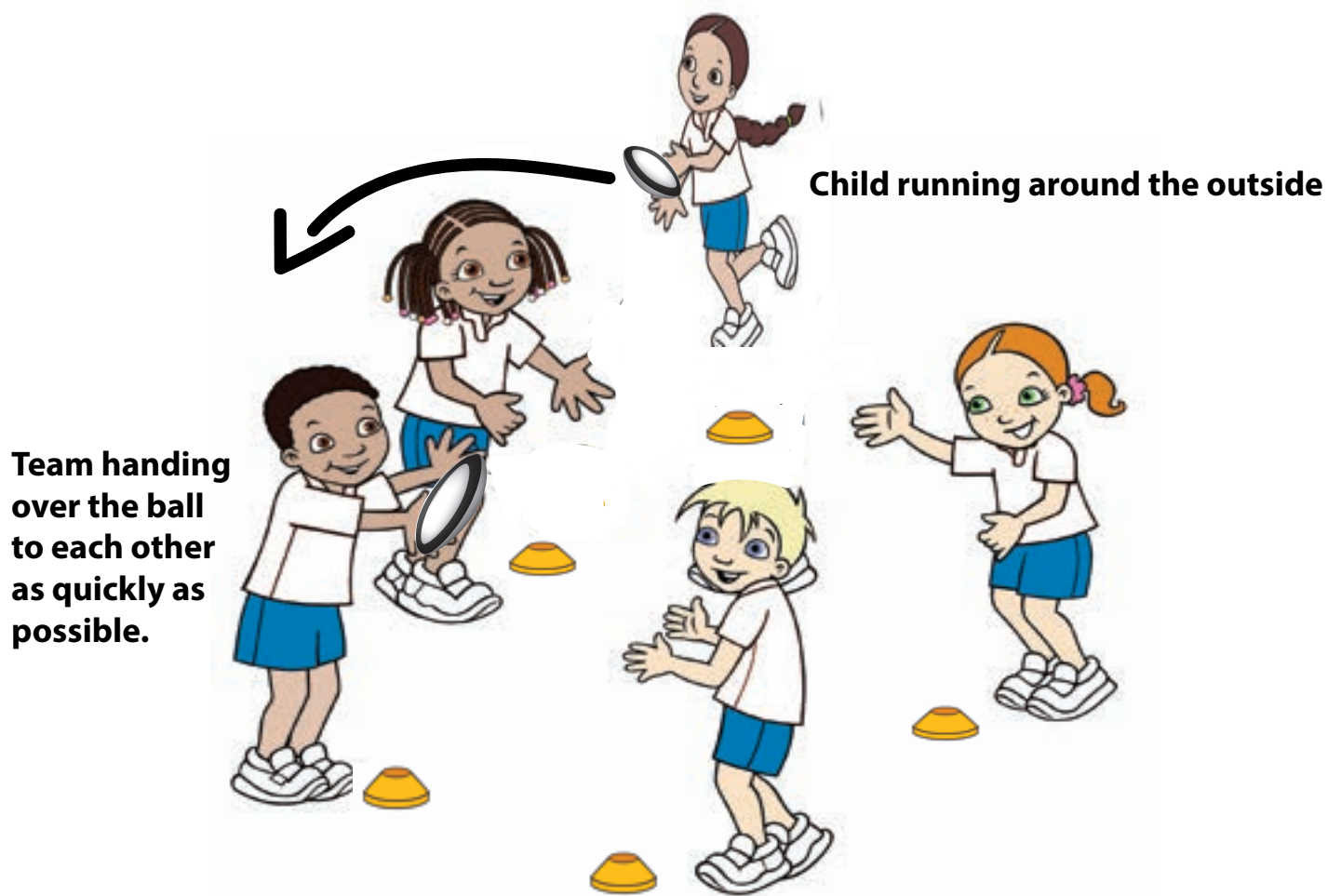
Teams of 5-8 in a circle

- 1 Runner with a ball.
- The rest of the team stand in a circle with 1 ball.

TP:

- 1) Two hands on the ball
- 2) Make a smiley face with the ball, as you hand over
- 3) Hand over at chest height

The runner stands behind the children in the circle with the ball. On the command "GO" the runner sprints around the outside of the circle. The aim is for the runner to return to their original space before the team in the circle does



Note you could:

- 1) Practice it first (not racing)
- 2) Make it a race

Make it easier: Hold a smaller ball

Make it harder: Go round the circle twice

TEACHING POINTS:

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

EXTENSION (if time allows): Cross the Jungle 2v2**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 area 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 their team mates.
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 handing over the ball?