

MULTI SKILLS LESSON 5

Year 3 & 4

Learning Intention: To perform tasks combining the use of agility, balance and co-ordination

EQUIPMENT:

Large balls,
bean bags,
tennis balls,
Markers,
cones,
spots,
quoits,
strips,
bibs.

Year 3

I can balance an object, roll, throw and catch an object, travel and change direction

I can balance an object while moving, roll, throw and catch two objects, travel and change direction at speed.

I can balance more than one object while moving, roll, throw and catch two objects, travel with objects and change direction at speed.

Year 4

I can balance an object while moving, roll, throw and catch two objects, travel and change direction at speed.

I can balance more than one object while moving, roll, throw and catch two objects, travel with objects and change direction at speed

With exemplary technique I can consistently balance more than one object while moving, roll, throw and catch two objects, travel with objects and change direction at speed

WARM UP:

Children to create a warm up (without equipment) thinking of balance, agility and co-ordination

examples are:

- Skipping and clapping - co-ordination
- follow my leader- changing directions- agility
- Hopping- then balance for 3 seconds on one leg - Balance

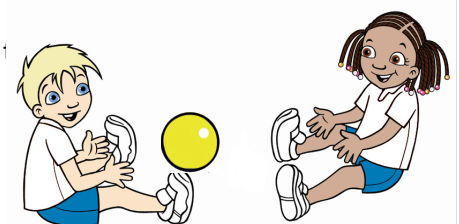
ACTIVITY 1: Ball Juggling

Roll and throw an object at a target, catch and throw two objects at the same time

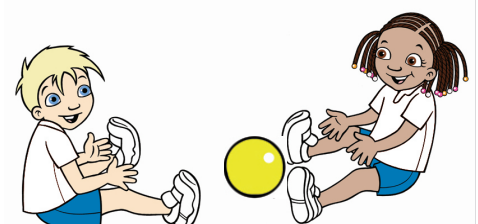
- Set up the activity as shown on the resource card.
- Children find a partner and sit opposite them, one metre apart, with their legs wide open.
- Each pair starts with one large ball, and has to roll the ball to one another.
- Each time the ball rolls successfully without hitting the player's feet or legs it counts as a point: if the ball hits a player's feet or legs all points are lost, and start from 0 again.
- *Challenge* – how many points can you score in one minute?

Progression 1 – Crabs

- The receiving player is now allowed to close their legs and trap the ball between their feet.
- The ball must be trapped between both feet to count as a point.
- You score one point for a successful roll and one point for trapping the ball successfully.
- *Challenge* – mini match against your partner: first to five points wins.



• Roll the ball to one another.

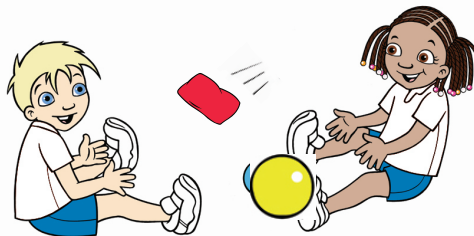


• Crabs - trap the ball between both feet.

ACTIVITY 2: Ball Juggling continued

Progression 2 – Roll and Throw

- One player has a ball and the other a bean bag.
- Revert to the original practice where players can't close their legs.
- The player with the ball rolls the ball like before; the player with the bean bag throws underarm.
- Both objects must travel at the same time – encourage players to count to help with timing: e.g. "3, 2, 1, go".
- Each time the ball rolls successfully without hitting the player's feet or legs and the bean bag is caught it counts as a point; if the ball hits a player's feet or legs or the bean bag is dropped all points are lost, and start from 0 again.
- *Challenge – what's your highest score?*



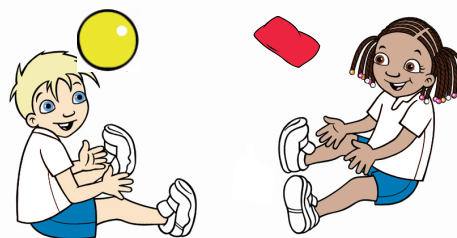
- Roll and throw - roll the ball and throw the bean bag, at the same time.

Progression 3 – Throw and Throw

- Each player now throws their object.
- Each time the objects are caught by the receiving player it counts as a point. If one player drops their object all points are lost, and start from 0 again.
- *Challenge – what's your highest score?*

Make it easier: To concentrate on rolling.

Make it harder: To increase distance, use tennis balls, and try standing up.



- Throw and throw - throw the ball and throw the bean bag, at the same time.

Year 4 Progression 3 – Standing on leg and repeat:

- Roll and throw
- Throw and throw

Activity 3: Create your own

Children to create their own -activity in pairs. They can choose a:

- a) Balance activity
- b) Co-ordination activity
- c) Agility activity

Year 4 task: Combine all 3 together

Can they teach it to another pair?

COOL DOWN

Play the DVD game - finish off with slow motion

PLENARY

What skills did you use in the 'dress the clowns' activity? • What skills did you use in the ball juggling activity? What skills did you use in 'fill the circus' activity?