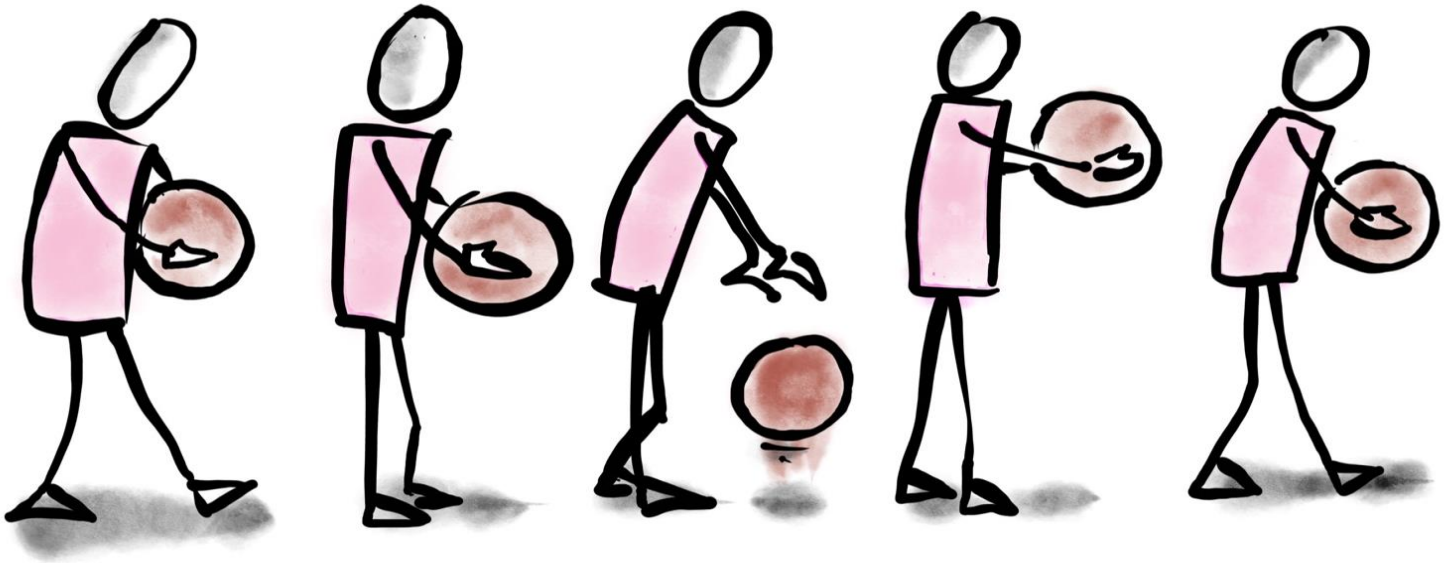
warm up // look after the ball



how to play:

- give each child a ball that they must "look after" – keep control of
- ask the children to "take the ball for a walk" – move around with the ball in their hands
- progression
- "take the ball for a walk" using their hands to roll the ball
- "take the ball for a walk" using the hands to bounce the ball – move around the space whilst bouncing and catching the ball

equipment:

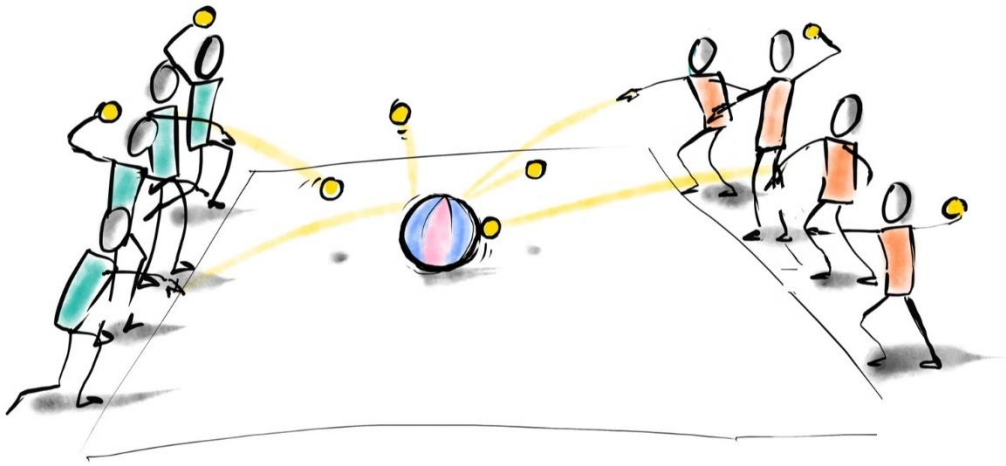
- each pupil requires a ball of their own to work with

This is a summary of a full plan available at www.PEplanning.org.uk.
Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

skill development // cannon ball

how to set up:

- the children require a ball each and to find a space of their own in the area
- set up enough courts (shown in the diagram) for all the groups



equipment:

- each child requires a suitable small ball – sponge tennis ball
- big soft ball or size 4 football.

how to play:

- split the class into teams of 4/5
- two teams play against each other on a small court
- the aim of the game is for a team to get a large ball, which starts in the middle of the court, onto their opponents line without touching it
- give the children soft balls to throw at the large ball in order to move it to their opponents line
- the children can collect balls thrown by their opponents and throw them at the large ball
- every time a team manages to knock the large ball over their opponents line, they receive 1 point
- restart the game by replacing the ball in the centre of the court
- play the game up to 5 point

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skill development // through the gates

how to set up:

- the children are to work in pairs with 1 ball between them
- set out 15 - 20 gates (using 2 marker cones, 2 steps apart)

equipment:

- ball
- cones



how to play:

- the aim of the activity is to move around the area in their pairs carrying the ball
- pairs should move around visiting gates passing the ball to each other through the gate - roll the ball
- once the ball is rolled through a gate the player who receives the ball picks it up and carries the ball to another gate and rolls the ball back to their partner.
- each pair should keep moving around the area visiting different gate
- progression: the children: how many gates can you move through in 1 minute?
- progression: ask the children to repeat the activity with the aim of beating their previous score

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game // bowls

how to set up:

- split the class into groups of 4 – each child requires 3 balls (ideally a different colour for each child if possible)
- each group requires a space to work in, a marker spot and a cone – the activity should be set up as shown in the diagram



how to play:

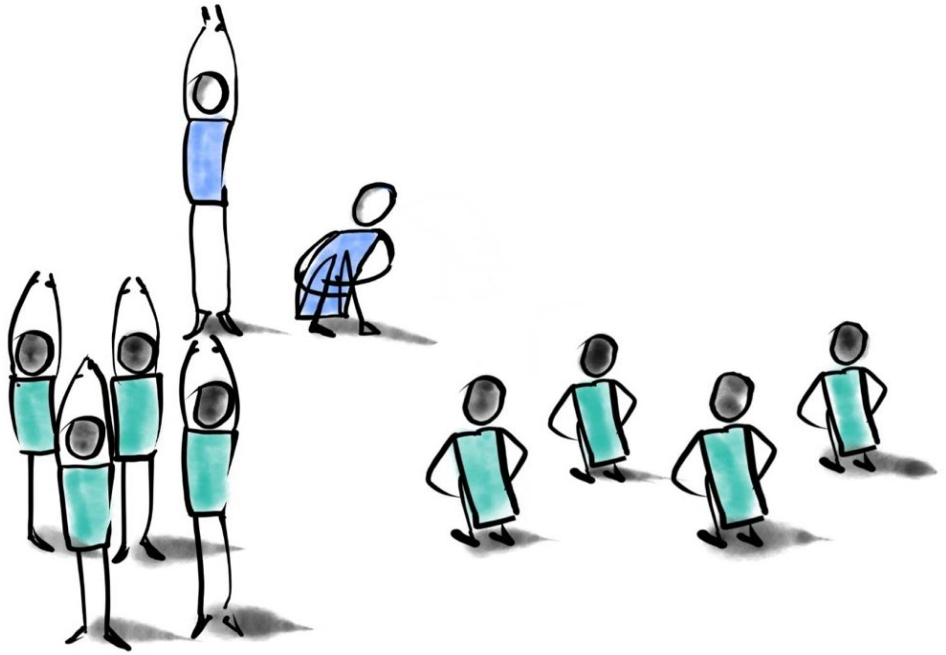
- the children take turns to throw one of their balls from the marker spot to the cone – the aim is to get your ball nearest to the cone
- once all of the balls have been rolled the child with the nearest ball scores 1 point – if they have the nearest 2 or 3 balls, they score the appropriate number of points – the game is then played again
- the children can play each game separately or keep a cumulative score of all games
- move the target cone further away

equipment:

- softball
- cones
- floor markers

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cool down // tall, wide, small stretches



how to play:

- ask the children to find a space to stand in so they can see you at the front of the class
- ask the children to copy the actions as you perform them at the front of the class:
- tall stretch - raise arms and hands high above the head; reach up onto the tip toes; stretch the body as high as possible
- wide stretch - stand in a star shape; reach arms straight out at the side of the body; spread feet so they are just over shoulder width apart; stretch as wide as possible - imagine someone is pulling each of your hands
- small stretch - crouch down into a small tuck shape; balance on feet; hold legs tight into chest
- repeat each stretch 2 or 3 times

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