warm up // make them reach

how to set up:

- Pupils need to be inside a large area, in a safe space.
- Children are to work in pairs and should stand facing each other 4/5 steps apart with 1 ball.

equipment:

- Balls.



how to play:

- Ask the children to imagine their feet are 'glued' to the floor so they are unable to move.
- Children should throw their ball back and forth to each other.
- When a child receives the ball, they must catch it without moving their feet.
- Children should keep throwing and catching the ball.

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.

© This resource is protected by copyright law and must only be used by PE Planning Subscribers as per T&C's available at www.peplanning.org.uk.

how to set up:

- Pupils need to be inside a large area, in a safe space.
- Children work in pairs with 1 beanbag between them.



equipment:

- Beanbag.

how to play:

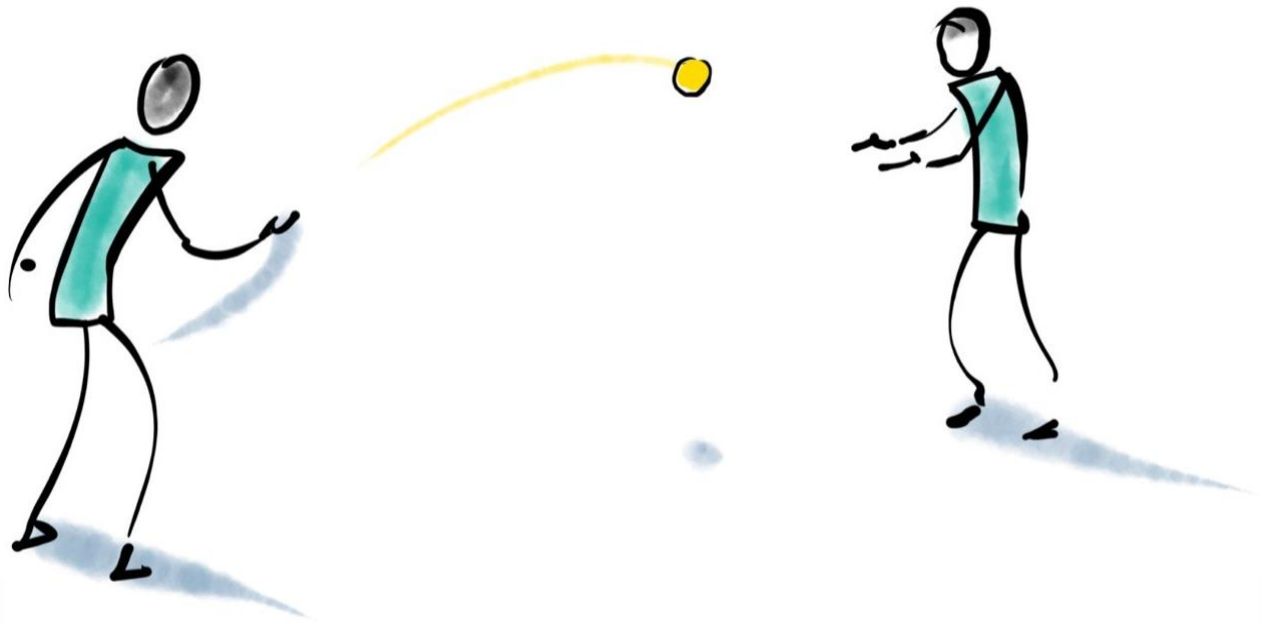
- Children should stand 4-5 steps apart in the space and throw the beanbag back and forth to each other using an underarm throw technique.
- Progression: Children must try and make more then 10 successful passes in a row.

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.

© This resource is protected by copyright law and must only be used by PE Planning Subscribers as per T&C's available at www.peplanning.org.uk.

how to set up:

- Pupils need to be inside a large area, in a safe space.
- Children are to work in pairs with 1 ball between them.



equipment:

- Balls.

how to play:

- Children should work in a space facing each other 4-5 steps apart.
- Pairs throw the ball back and forth underarm to each other.
- Progression: how many catches can they complete in 30 seconds.

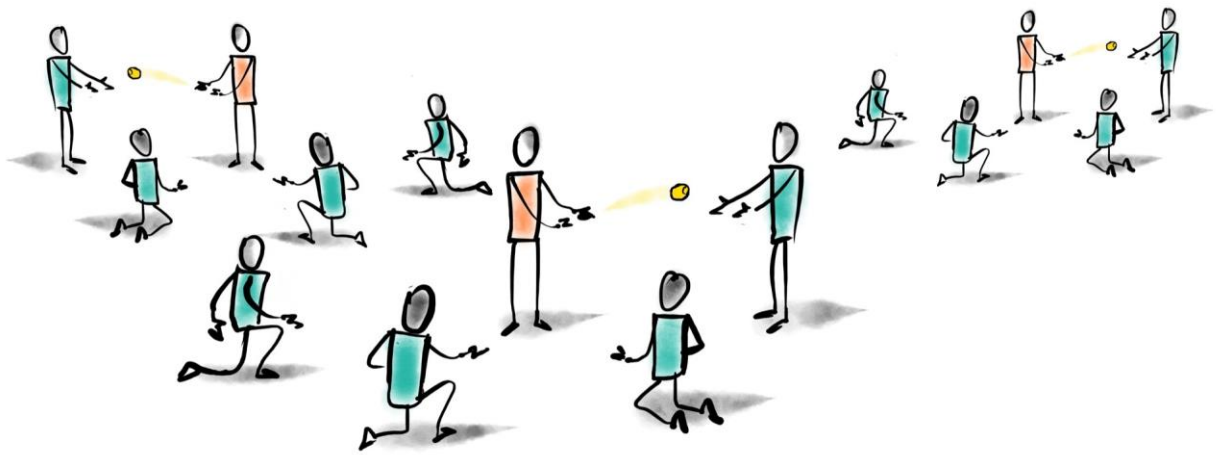
This is a summary of a full plan available at www.PEplanning.org.uk.
Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

© This resource is protected by copyright law and must only be used by PE Planning Subscribers as per T&C's available at www.peplanning.org.uk.

game // on your knees

how to set up:

- Pupils need to be inside a large area, in a safe space.
- Split the class into groups of 5 – each group requires a ball.



equipment:

- Balls.

how to play:

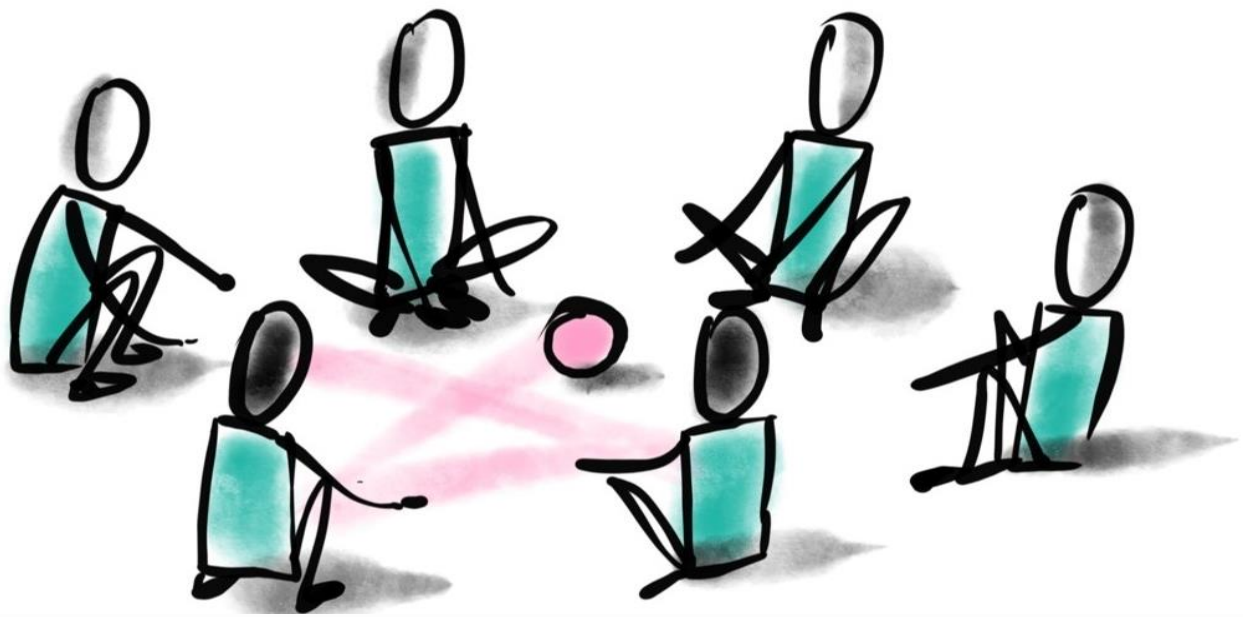
- One child takes the role of ball feeder.
- 4 other children form a semi-circle around the feeder about 5 steps away.
- The feeder throws the ball to any of the children.
- Children must catch the ball and return it to the feeder.
- If they drop the ball, they lose a 'life and must move onto one knee.
- If they drop the ball for a second time, they lose another 'life' and must move onto two knees.
- If they drop the ball for a third time, they are out of that round.
- The winner of the round is the last child in – they swap roles with the feeder and the game starts again.

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.

© This resource is protected by copyright law and must only be used by PE Planning Subscribers as per T&C's available at www.peplanning.org.uk.

how to set up:

- Split the class into groups of 6.
- Give each group 1 ball and ask them to form a small circle.



equipment:

- Balls.

how to play:

- Each child should sit on the floor facing the centre of the circle.
- Ask the children to roll the ball around the group passing it to everyone in the group.
- The activity is complete after the children have completed 10 passes.

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.

© This resource is protected by copyright law and must only be used by PE Planning Subscribers as per T&C's available at www.peplanning.org.uk.