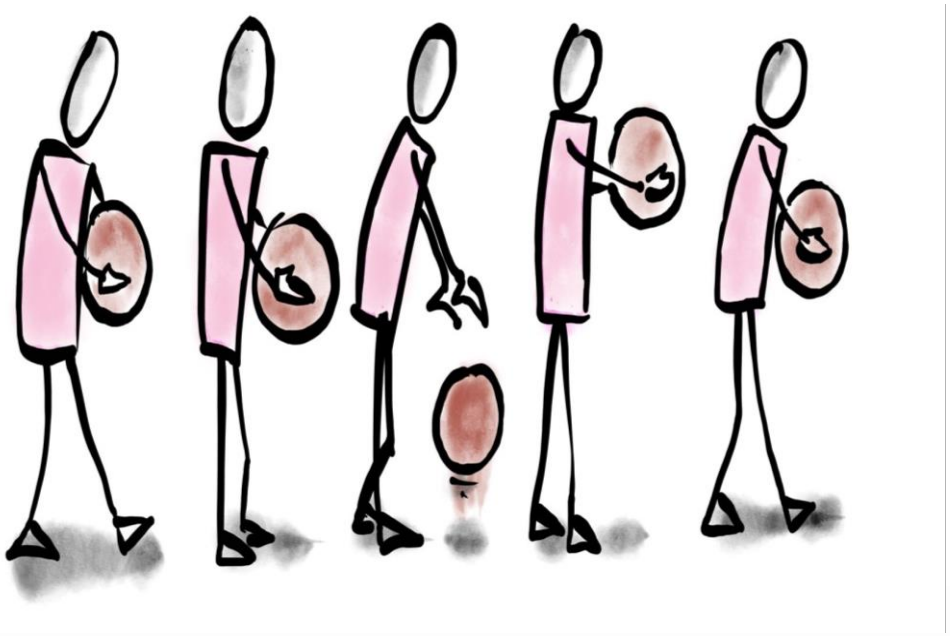
# warm up // look after the ball



## how to set up:

- Pupils need to be inside a large area, in a safe space.
- Give each child a ball that they must keep control of.



## equipment:

- Balls.

## how to play:

- Ask the children to 'take the ball for a walk'
- Can they move around the area with the ball in their hands?
- Progression: can they move around quicker but still keeping the ball under control.

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.

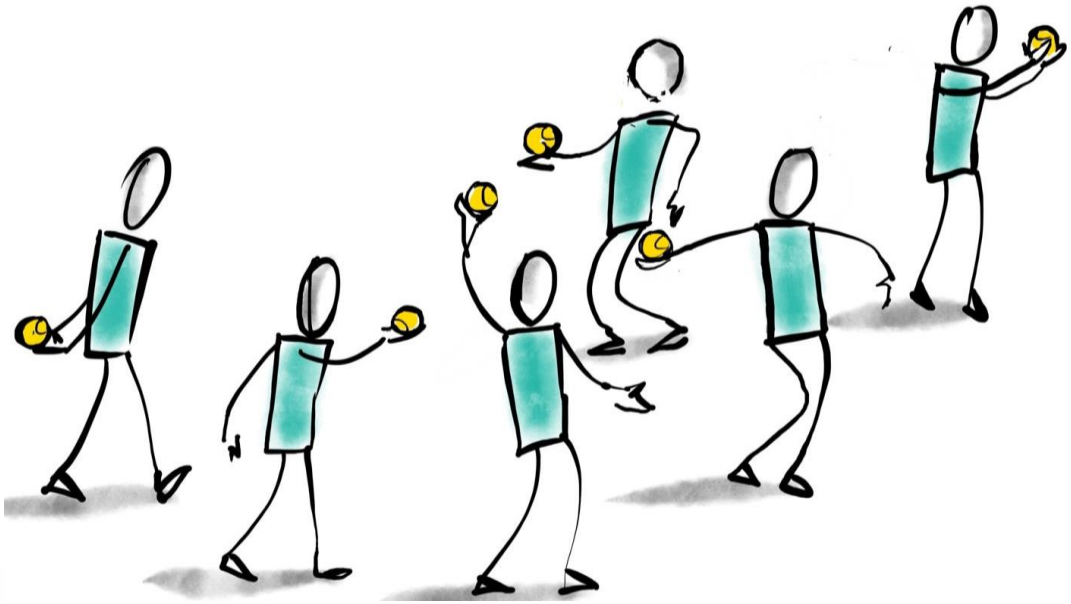
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# skill development // balance the ball



## how to set up:

- Pupils need to be inside a large area, in a safe space.
- Each child requires a ball and a sapce to work in.



## equipment:

- Balls.

## how to play:

- Ask the children to balance the ball on a part of their body – start with the palm of the hand, hold the palm flat, keep the ball balanced on the hand.
- Once the children have the idea ask them to think of different parts of their body, they can balance the ball on.
- Stop the children and show them interesting ideas that some of the pupils used.
- Progression: can the children balance balls on their body parts whilst moving around?

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# skill development // circle catch

## how to set up:

- Split the class into groups of 5/6 children and give each group 1 ball.
- Each group should find a space and form a small circle with one child standing with the ball in the centre.



## equipment:

- Balls.

## how to play:

- The child in the middle can throw the ball to any of the children in the circle who must catch it and throw it back to the child in the middle.
- When the child in the centre receives the ball back, they can throw it to a different child.
- Keep changing the child in the centre.

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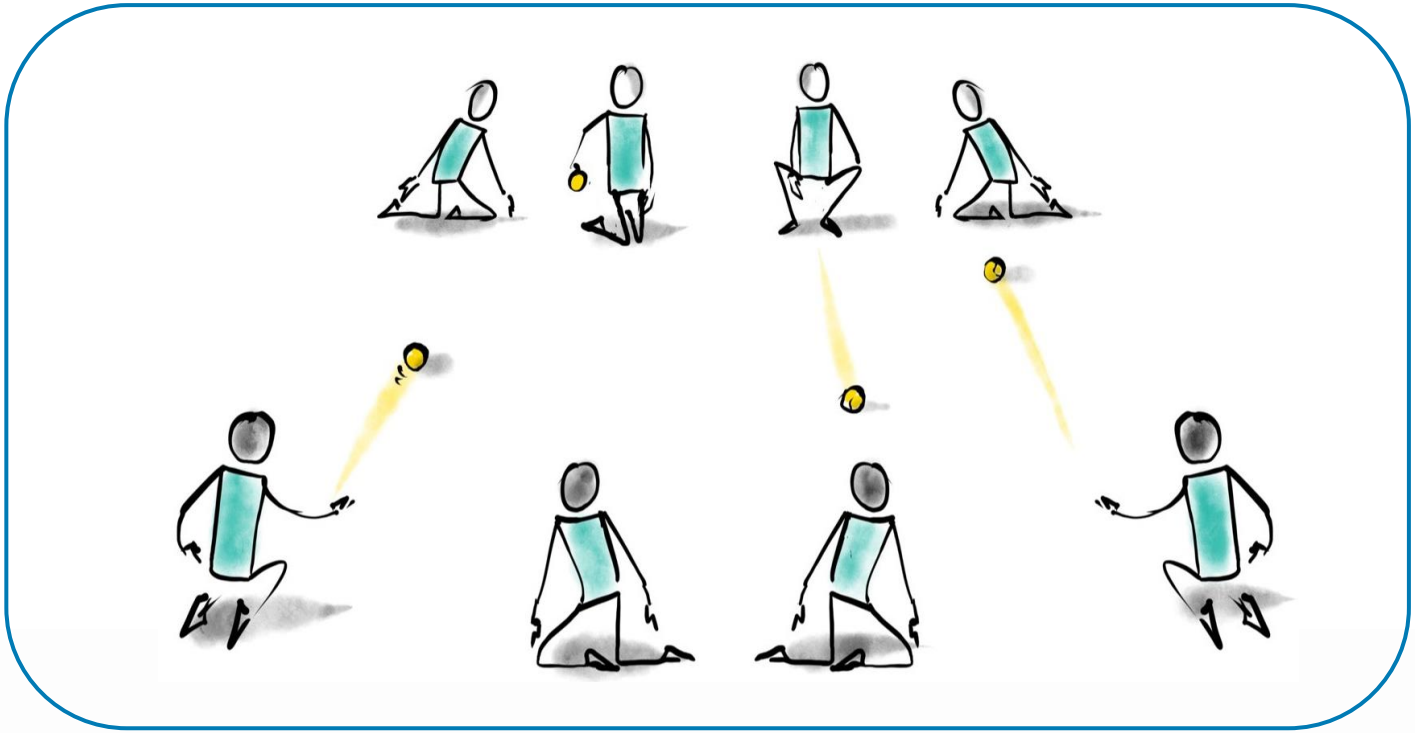
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# skill development // the long barrier



## how to set up:

- Pupils need to be inside a large area, in a safe space.
- The children should then work in pairs with 1 ball between them in a space.



## equipment:

- Balls.

## how to play:

- A long barrier is a fielding technique used to stop the ball.
- Demonstrate the technique for the long barrier to the children – ask them to copy you as you perform it and talk them through the steps.
- Pairs should stand 8-10 steps apart facing each other and roll the ball back and forth to each other using the long barrier technique to stop the ball each time.
- Progression: increase the distance the ball has been rolled from.

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# game // roll it football

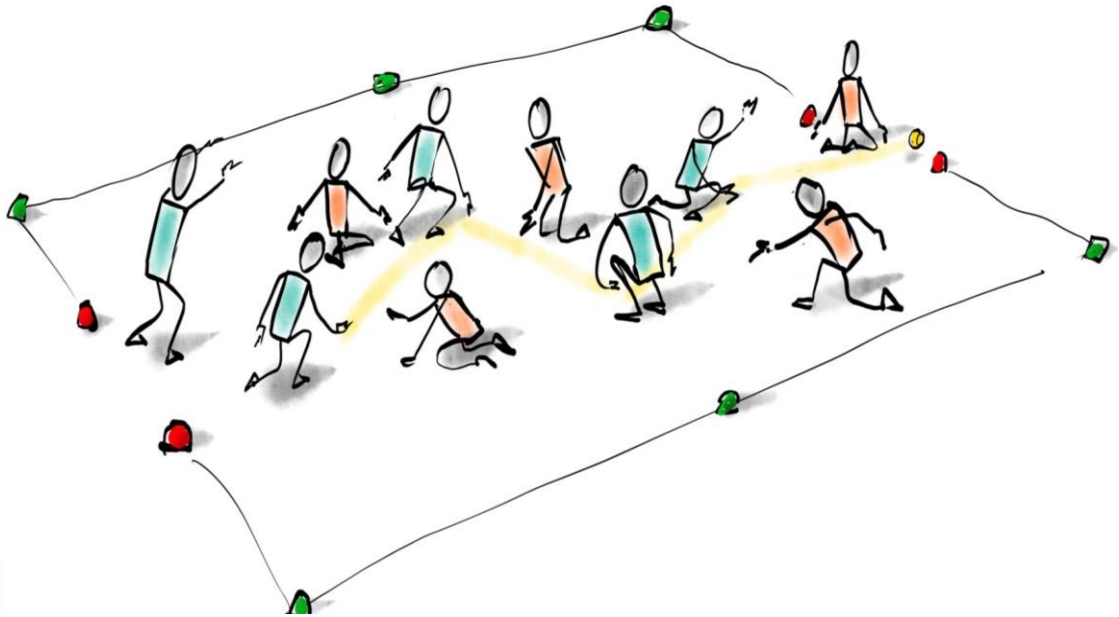


## how to set up:

- Pupils need to be inside a large area, in a safe space.
- Children play the game in pairs and require a pitch to play in.
- Each pair requires 1 ball.

## equipment:

- Balls.
- Cones.

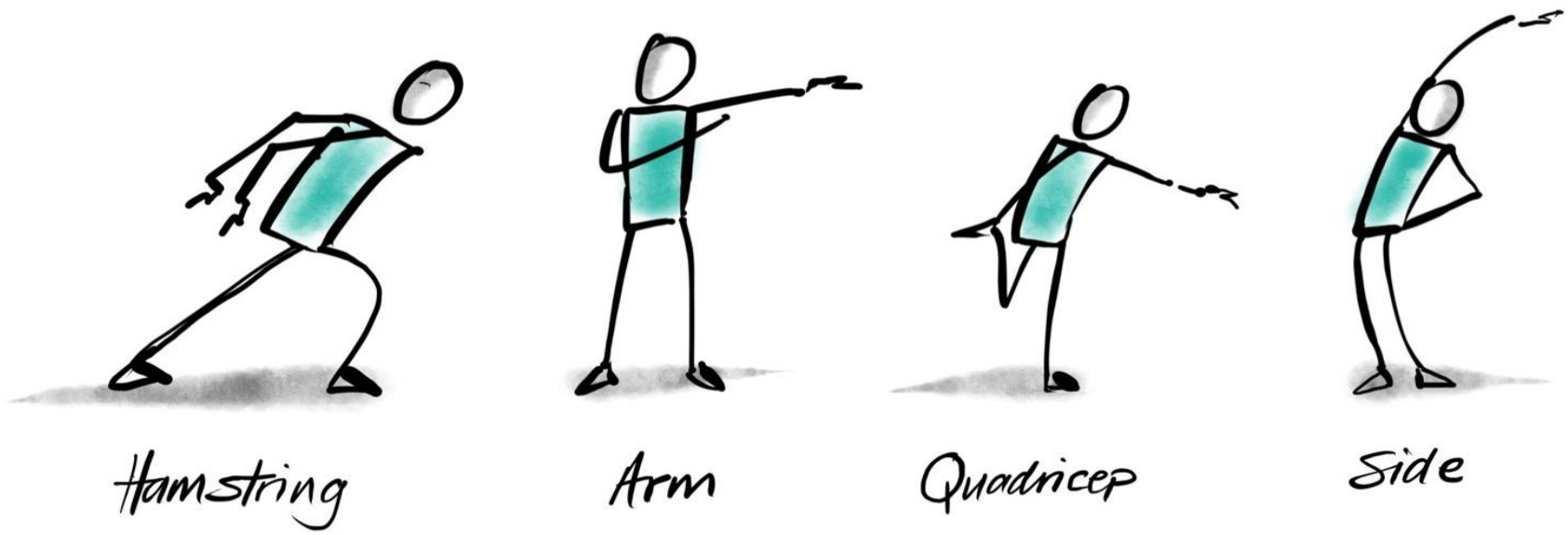


## how to play:

- Pairs stand opposite each other on their goal lines.
- The aim of the game is to roll the ball past your partner and into their goal.
- Children should take turns to roll the ball and attempt to score a goal.
- Keep score of the game.

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## how to play:

- Ask the children to stand in a semi-circle around the teacher.
- Show the children a stretch they have to copy.
- Start at the top of the body and work all the way down the body stretching the major body parts – arms and legs.

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