

FIRST PE - LESSON 6 - Early Years

Learning Intention: *How can you throw and catch?*

EQUIPMENT:

Throw down spots, strips, hands and feet, medium size balls, mixture of different size balls

Physical Development:

Negotiate space and obstacles safely; with consideration for themselves and others. Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping, skipping and dancing.

WARM UP: Musical Statures

- Negotiate Space
- Move energetically- Running
- Move energetically- Skipping
- Move energetically- Hopping
- Move energetically- Jumping
- Move energetically- Dancing

Children are to hop, skip, jump, dance around in time to the music/tambourine. When the music/tambourine stops children FREEZE in a star shape.

Teaching point - Children to look where they are going when moving around- looking out for their friends. Be aware of each other and the space- recap from lessons before.

ACTIVITY 1: Throw and Catch (recap)

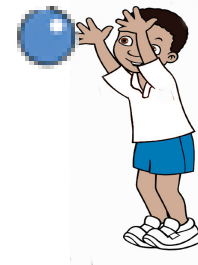
Demonstrate co-ordination

1. Can they throw the ball in the air and catch it? How do you catch the ball?

Teaching Point - Make your fingers as wide as possible and make a basket with your hands when you catch the ball

2. Children to have a go at throwing and catching different objects to themselves e.g. scarfs, quoits, beanbags, balls etc.

Challenge: Show a trick



ACTIVITY 2: Shopping Trip

Demonstrate co-ordination

Teacher to place a pile of equipment in each corner of the hall (hoops can be used as the shops). Tell the children they are going to the imaginary shops to buy some sports equipment e.g. beanbags, balls, Quoits, Scarfs etc.

1. Children to skip around the room.
2. Teacher calls out "Go shopping" and children are to choose a piece of equipment. (Remind children to be safe and wait for their turn when they go to the shop).
3. The children are to find a space and practice throwing and catch their equipment.
4. The teacher then calls: "Take back to the shop" the children then return the equipment to the pile.
5. Repeat this again reminding the children to go to a different shop.
6. Can they go to each shop and have a go at throwing and catching the different objects?

Teaching Point:

- Remember when throwing and catching keep control- do not throw them up to high!
- Keep watching the ball when throwing it.

Children to get into pairs - one ball between two (you can use a variety of size balls). You can use spots to help them focus.

1. Can you sit down and roll it to your partner?
2. Can you kneel and roll it to your partner?
3. Can you throw the ball to each other - children to remember to make their basket when catching.

Teacher to have other objects that the children can pass to each other e.g. quoits, scarfs, beanbags.

4. Children can go back to the shops and choose any another object and practise their throwing and catching with a partner.

Numeracy:

- Children to count up to 5 passes
- Children to count up to 10 passes.
- **Challenge:** what is the highest number of passes they can count up to.

Make it easier: larger balls/objects e.g. scarfs

Teaching Point - Children to always watch the object when catching it.

COOL DOWN

Walk around slowly – children with equipment to take it back to the shops.

PLENARY

What did you enjoy about your lesson today? How did you catch an object?