

BALLS SKILLS LESSON 10

Year 1 & 2

Learning Intention: *How can you move with a ball in your hands?*

Yr 1

I can move with a ball in my hands

I can move with some control with a ball in my hands

I can move with control with a ball in my hands

Yr 2

I can move with some control with a ball in my hands

I can move with control with a ball in my hands

I can move in a variety of directions with a ball in my hands

EQUIPMENT:

15 medium-sized balls
(preferably soft rugby balls),
cones, spots

WARM UP: Traffic Lights

To begin children walk around avoiding one another, listening and watching for the following signals:

- Teacher to call "red" and hold up a red cone: children stand perfectly still.
- Teacher to call "amber" and hold up a yellow cone: children to jog on the spot.
- Teacher to call "green" and hold up a green cone: children to skip (jog, run, jump; teacher can change way of moving each time).
- Teacher to call "blue" and hold up a blue cone: children to wave their arms like windscreen wipers as they walk, as if it's now raining.

ACTIVITY 1: Golden Eggs (ball handling)

1. This activity is the children v the teacher.
2. Children to move around within the given area.
3. At least 10 children start with a ball – "golden egg" – in their hands.
4. Children can only hold the ball for 3 seconds.
5. Children with a ball to place the "golden egg" into another child's hands (not throw).
6. Any dropped balls are collected in by the teacher.
7. 2 minutes the winner is decided: whoever has the most balls wins.

TEACHING POINT:

- Two hands holding the side of ball when running
- Hold the ball at chest height

Q & A – *What is important when holding the ball? Teacher to go through Teaching Point 1.*

8. Repeat the game; children to now focus on holding the ball

Q & A – *What height should they hold the ball at?*

9. Repeat the game: children to now focus on holding the ball at the correct height.

Make it harder: To move the ball around their waist before they hand it over.

Make it easier: Fast walking.



ACTIVITY 2: Handover Practice

1. In pairs 2 children to practise handing over the ball to each other.
2. Child A starts running with the ball as child B follows them.
3. Teacher calls "hand over"; child A hands the ball to child B (using what they have learned in Activity 1).

Make it harder: To move ball around their waist when running.

Make it easier: To move at a slower pace.



Child B

Child A

SAFETY:

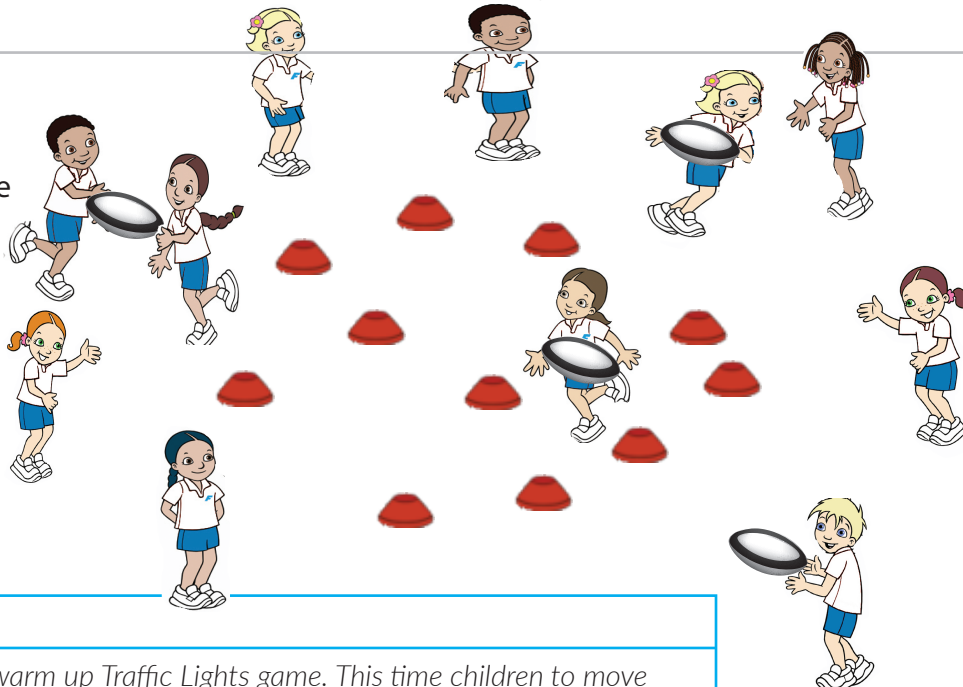
When running, children to avoid each other, looking out not to bump into their friends.

ACTIVITY 3: Dodge the Defenders Yr 2 Extension

1. Children spread evenly around the circle.
2. Start the activity with 7 or 8 balls for a full class.
3. Children have to run across the circle, avoiding the cones in the middle (imaginary defenders) and place the ball in another child's hands, taking their place.

Q & A - What is important when moving with the ball?

4. Each game lasts for 2 minutes; after each game add a new challenge that each child must attempt to complete before entering the circle:
 - Challenge 1: Move the ball around their waist once.
 - Challenge 2: Move the ball between their legs in a figure-of-8.
 - Challenge 3: Throw and catch the ball 3 times (head-height throws).



Safety: Children to look out for their friends when they run across the circle.

COOL DOWN

Teacher to repeat the warm up Traffic Lights game. This time children to move around the area slowly (jog, slowly, walking, tiptoeing).

PLENARY

What did you enjoy about the lesson? What was important when moving with the ball in your hands?