

Learning Intention: *How can you hold a ball when moving?*

Yr 2

I can hold a ball with two hands when moving

I can hold the ball and look up when moving

I can hold the ball at chest height when moving

EQUIPMENT:

- 3- Medium-sized balls
- Size 3 rugby balls
- Tennis balls
- Netballs
- Cones,
- Spots
- Skipping ropes
- Throw down spots

- Belts/Bibs (1 each)

WARM UP: Racing Cars

Children to have a ball each. They are to imagine their ball is a steering wheel (hold at either end)

Children to imagine they are driving around in their racing car:

Red: Stop- place the ball on the ground with 2 hands

Green: Drive (jog around, steering their cars)

Amber: Jump, side to side



Extension: Teacher calls up, down, left and right. The children must point the ball in the correct direction.

ACTIVITY 1: Noughts and Crosses

TP:

- **2 hands on the ball**
- **Look forward when moving**
- **Hold ball at chest height**

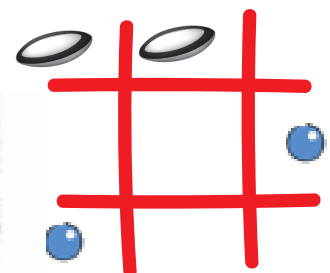
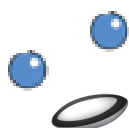
3v3 Set up a grid using throw down strips, skipping ropes or hoops.

Teacher to place various pieces of equipment out e.g. Rugby balls, bibs, cones, spots, beanbags, tennis balls etc

Children line up and run one at a time, to place the ball in the grid- the aim is to get three of the same pieces of equipment in a row.

Rules: Only one child can run at a time from each team

: They must hold the equipment with 2 hands



ACTIVITY 2 Duck, Duck, Goose

Play the game of Duck, Duck, Goose.

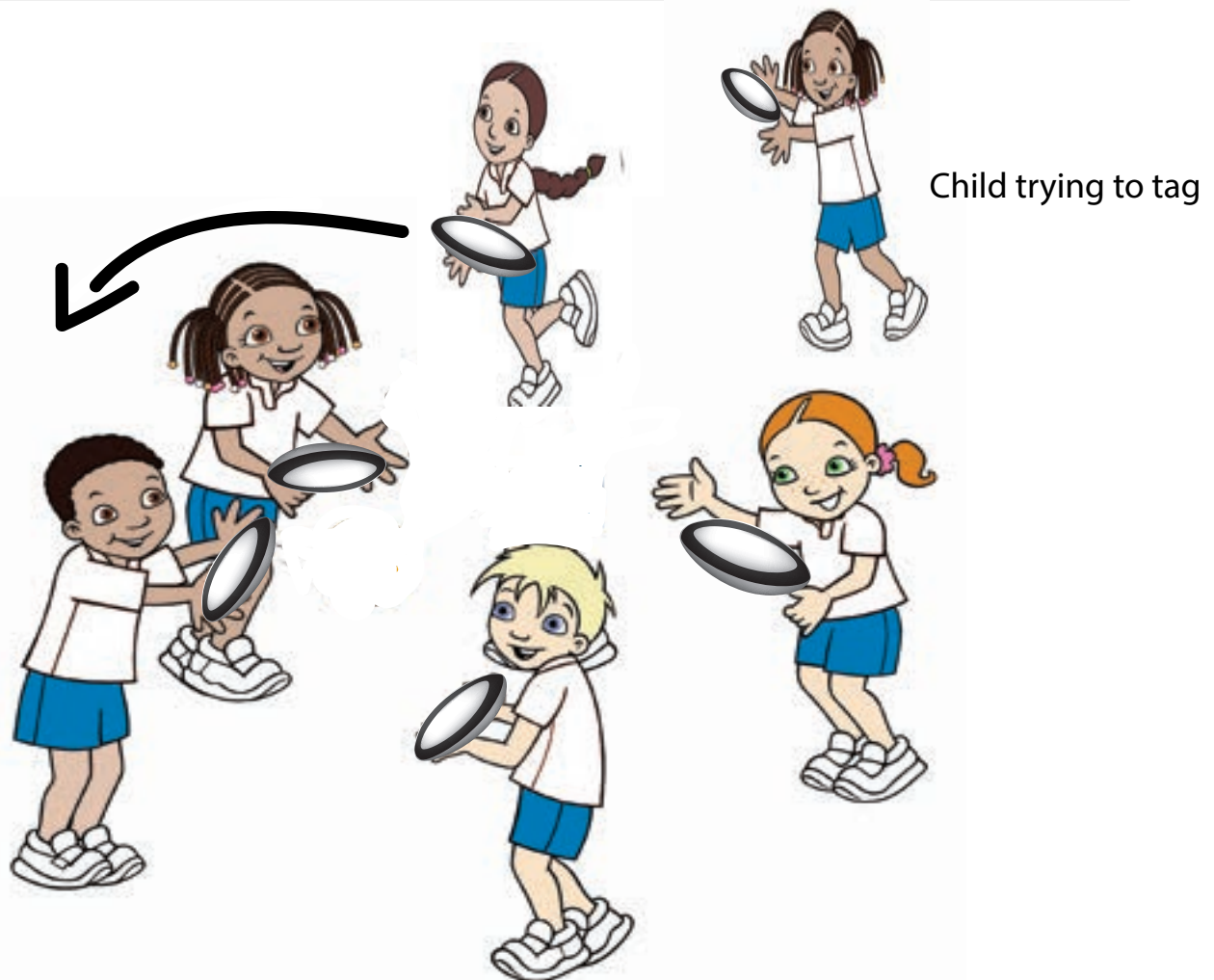
One child is to walk around saying "Duck, Duck, Duck... GOOSE!" As soon as they call "GOOSE" the children that are behind must run around the circle and attempt to get back to their original space without being tagged

All children to have a ball - This can be any ball, rugby, netball etc

Rules: All children have a ball.

TP: - 2 hands on the ball
- Look forward when moving
- Hold the ball at chest height

Make it easier: Hold a smaller ball
Make it harder: Go round the circle twice



Extension: All jog on the spot
: All hop on the spot
: All skip on the spot

TEACHING POINTS:

1. Non-contact Running safely
2. No diving – Stay on two feet
3. No collisions - Look where you're running

EXTENSION (if time allows): Cross the Jungle 2v2**Q & A – How do we keep safe when running in a restricted area?**

Teacher to go through teaching points.

Both groups to wear tag belts (different colours)

1. Set up the square as shown in the picture below.
2. Groups of 4. Two children are the Cheetahs and Two children are the Zoo Keepers
3. Cheetahs start with the ball
4. Cheetahs have to cross the jungle with the ball
5. If a Zoo Keeper gets a Cheetah tag (bib) the Cheetah must pass the ball (in any direction) to one of their team mates.
6. Zoo Keepers can **NOT** touch the ball
7. If a Zoo Keeper grabs a tag belt, (or bib) this counts as 1 point.
8. The game stops when the Cheetahs have got the ball across to the other side of the jungle (Placing the ball down with two hands). They win 3 points if they score!
9. Then swap over.
 - Defending team scores 1 point for every tag
 - Attacking team getting across the jungle scores (3 points)

**COOL DOWN**

Children to move around the area slowly (jog, walking).

PLENARY

What did you enjoy about the lesson? What is important when holding the ball and moving?