

Learning Intention: *How can you pass and receive a ball?*

Yr 2

I can pass a ball using 2 hands

I can pass a ball at chest height and receive a ball with 2 hands

I can pass a ball using the smile technique and receive it by making a target with my hands and catching with control

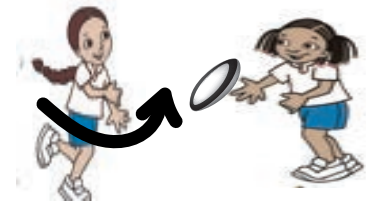
EQUIPMENT:

- 3- Medium-sized balls
- Size 3 rugby balls
- Tennis balls
- Netballs
- Cones,
- Spots
- Skipping ropes
- Throw down spots
- Belts/Bibs (1 each)

WARM UP: Feed the animals

Half the class to have a ball (any ball) Children to move around like different animals eg. A Frog jumping, a Cheetah running fast, a Giraffe standing tall (ball in the air) etc...

If the teacher calls **"feed the animals"** they pass to someone without a ball. **IMPORTANT-** They must pass over with 2 hands.



Make a target with your hands to receive the ball

ACTIVITY 1 Race ball

Teams of 5-8 in a circle

- 1 Runner with a ball.
- The rest of the team stand in a circle with 1 ball and pass to their left

- 1) **Make a smiley face as you pass the ball**
- 2) **As you catch, make a window with your hands**

The runner stands behind the children in the circle with the ball. On the command **"GO"** the runner sprints around the outside of the circle. The aim is for the runner to return to their original space before the team in the circle does

Swap over runners.

Circle players to pass to their right

Note you could:

- 1) Practice it first (not racing)
- 2) Make it a race

Team handing over the ball to each other as quickly as possible.



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

ACTIVITY 2: Tidy your ship

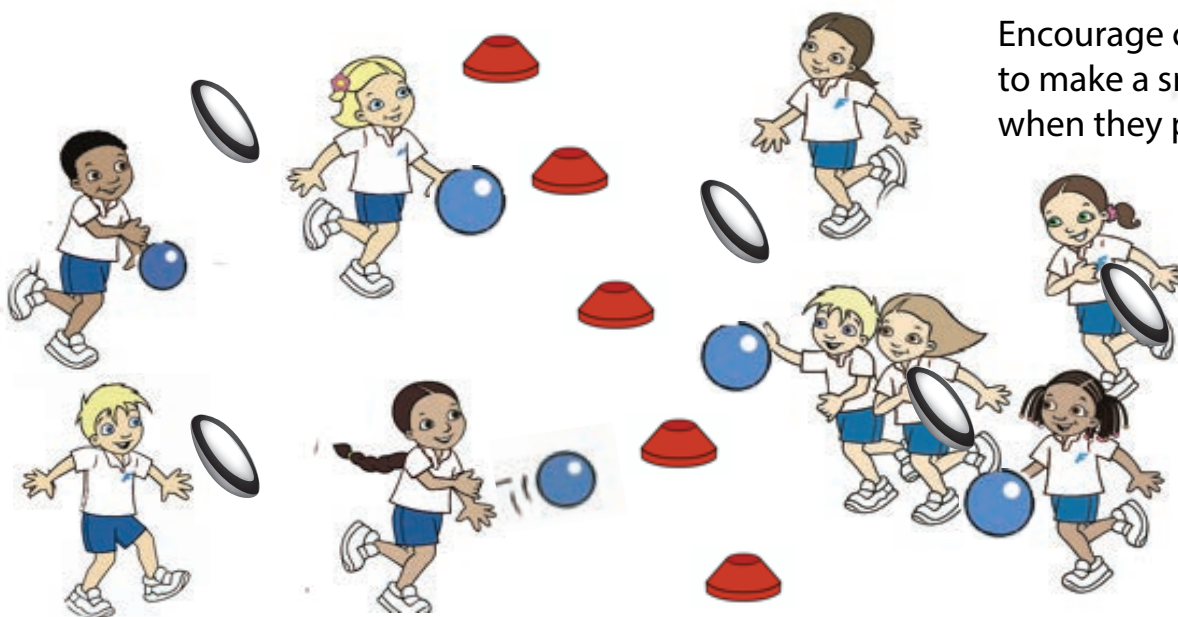


1. You can play this game as whole class or alternatively split the class into smaller teams.
2. Use a variety of different type of balls.
3. E.g. Red Pirates v Blue Pirates
 - All the children start with a ball in their hands on their side of the court (their ship).
 - When the teacher says “tidy your ship” the children have to pass the ball away from their side of the court (their ship) onto their opponents’ side.
 - When any balls come onto their side of the court, they are to quickly pass them back to the other side – to make their opponents ship untidy!
 - After 3 minutes the teacher calls “stop tidying”/blows the whistle – all children stop where they are.
 - The children then count how many balls they have on their side of the court (ship).
- The aim of the game is to have the least number of balls on their side of the court (their ship): and to be the tidiest ship!

You can repeat this game, increase the playing time and even rotate teams around.

Q & A – What is important when passing the ball? How do you pass the ball in the direction you want it to go?

Make it harder: Encourage to be tactical and pass the ball into a space on the court.



Encourage children to make a smile shape when they pass the ball

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 area 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 passing and receiving the ball?