

EQUIPMENT:

Medium/large sized balls, enough for one each, cones, hoops and bean bags, hedgehog stones.

How can you pass an object to a target?

Yr 1

I can roll, throw, kick or catch a ball with some success

I can throw, kick and catch with control

I can roll, throw, kick and catch with accuracy and consistency

Starter Activity
Read pages 18-19

Warm up: Follow my leader

1. In pairs, one child is the leader and the other child follows - one can be Freddy and the other can be Bobby.
2. Children to hop, skip and jump around like the pirates did in the story. They can perform different actions with their arms and legs. Partner follows and copies.
3. Swap over.

Book reference:
Pirates play follow my leader.



Activity 1: Coconut Competition

Children stand five steps apart from each other.

1. Children to get into pairs and each to have a medium/large size ball.
2. Children to roll the ball to each other from sitting to kneeling to standing.
3. Can they throw the ball underarm to each other?

Make it harder: They can increase/decrease their distance.
Add a hoop to throw through

Make it easier: Beach balls, soft balls, bean bags.

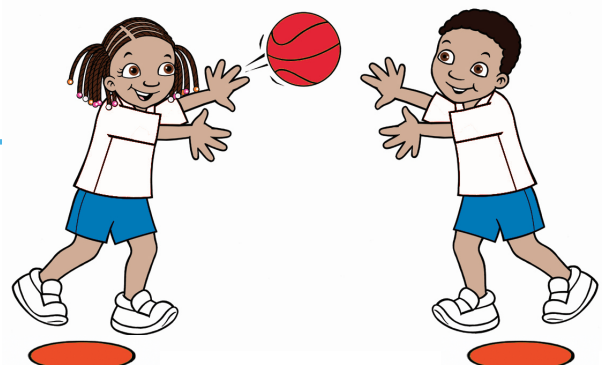
Book reference:

The pirates roll the coconuts backwards and forwards to each other.

Q & A
What is important when throwing and catching a ball?

If catching, watch the ball and make your hands into a curved shape.

If throwing underarm, your hands point towards the person you are throwing at. Their hands are your **TARGET**.



Activity 2: Passing Fun

In pairs and five steps apart from each other.

1. Kick the ball to each other carefully – **CONTROL** the pass.
2. Children to pass the ball to each other ten times by kicking.
4. Add cones to make a target for the ball to go through.
5. **Competition:** See who can get to ten the quickest (children to count out loud). When finished sit down and call "Pirates!".

Make it easier: Use a smaller ball

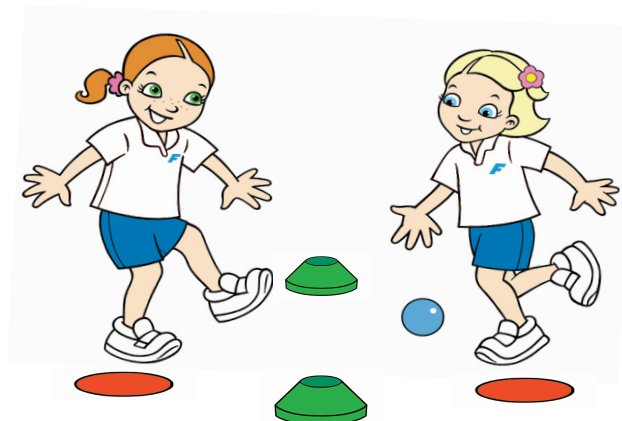
Make it harder: Move further away. Use different parts of your feet to pass the ball.

Linking learning: In football
Fundamentals remember
toe, toe, toe, no, no, no!
Use the inside of your foot.

When kicking the ball ...

- ✓ Place foot beside ball
- ✓ Kick ball with the inside of foot
- ✓ Point foot in direction of the pass

CONTROL



Activity 3: DIY Beach Games- Challenge

In pairs/fours. Groups to choose equipment:

1. Using the equipment, children make up their own target game.
2. Show to another group – children to pair up with another group and lead them through their game (peer coaching).
3. Can children show their games to the class?
Ask what is good about their target game and how they can improve them. (AFL)

Note: This could be done in another lesson.
You could give them different equipment to explore with.



Cool Down: Play 'follow my leader' with the children. Start by jogging or skipping, then bring the pace down to walking.

Plenary: What did you like about today's adventure and which beach game did you like best? What is important when throwing to a target?