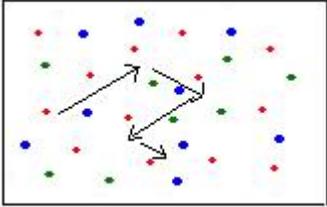


Year: 1	Lesson: 1/6	Time: 40 –45 mins	No. of children: Any
<p><b>Learning Outcomes</b></p> <ul style="list-style-type: none"> <li>* follow chosen pathways, changing pace, direction and movement;</li> <li>* demonstrate ball control whilst travelling;</li> <li>* perform successfully with a partner.</li> </ul> <p><b>Success Criteria:</b></p> <ul style="list-style-type: none"> <li>* I can travel along chosen pathways, changing my speed, direction and actions;</li> <li>* I can keep control of a ball when I am moving with it;</li> <li>* I can play cooperatively with my partner.</li> </ul> <p><b>Literacy:</b> Describe how they play games in an audible voice; listen with sustained concentration; listen to and follow instructions accurately.</p> <p><b>Numeracy:</b> Relate addition to counting on; recognise that addition can be done in any order; use practical methods to support the addition of a one-digit number to a one-digit or two-digit number; count reliably at least 20 objects; estimate a number of objects that can be checked by counting; understand subtraction as ‘take away’ and find a ‘difference’ by counting up.</p> <p><b>Resources:</b> Cones, balls of different sizes and textures.</p>			
<b>Teaching Activities</b>	<b>Teaching Points/Management &amp; Organisation</b>		
<p><b>Warm up [5 mins]</b></p> <p><b>1. Coloured Cones</b></p> <ol style="list-style-type: none"> <li>a. Place 25 - 30 cones randomly but equidistant from each other in a defined space.</li> <li>b. Stand astride an individual cone.</li> <li>c. Perform a movement sequence around x4 selected coloured cones - walk, jog, jump, hop around to the side, backwards. Repeat.</li> </ol>			

- d. Can they remember and repeat a pathway followed?
- e. How many actions/ steps/ travelling movements?
- f. Awareness of space and others needed.
- g. Discuss and practise ways in which they can avoid collisions when exploring pathways e.g. stop, side-step, change direction.

**Skill Focus [10 mins]** - Same cones organisation as the warm up.

## **2. Travelling**

- a. Provide large balls, which have different textures and shapes, placed in 4-6 key places for easy access.
- b. Children choose one ball.
- c. Travel with a ball using different skills along selected pathways.
- d. Produce a sequence of movements along the pathway whilst keeping the ball under control.
- e. Emphasise importance of controlling the ball.
- f. Instruct which method to control the ball before progressing to allow choice e.g. carry, move ball around body, pass from hand to hand, bounce, roll.
- g. Encourage progressive increase in pace of movement.

**3. Demonstrations** - opportunities for children to observe and talk about what and how they have done.

**4. Vocabulary:** avoiding; dodging; chasing; tagging; tracking a ball; rolling; striking; overarm/underarm throwing; bouncing; catching; free space; own space; opposite; opposition; attacking; defending; tactics and team.

## **Games Playing [15 –20 mins]**

### **5. One ball per child**

- a. Bounce it, passing it from hand to hand, around the body, through the legs, over the head, moving it with their feet or a stick.
- b. Change the type of ball and repeat several times, changing pathways and the number of cones used.
- c. How many different ways of travelling can you perform?

### **6. Pairs - show your pathway and method of controlling the ball.**

- a. Exemplify good control whilst changing direction etc.

**b.** Partner copies/follows, then swap.

**7. Stuck-in-the-Mud.**

**a.** Teacher calls out different types of movement to be performed.

**b.** Increase the amount of time spent on continuous movement.

**Cool down [5 mins]**

**8. Simon Says**

**a.** Children place a cone in a space and perform movements which include simple stretching shapes at different levels.

**b.** Teacher leads.

**c.** Cones should be placed in similar equidistant places.

**d.** Encourage controlled movements, decreasing to slow movements, with instructions given in a quieter voice.

PE Primary - Sample