

## lesson objectives:

1. Show control of a ball with basic actions.
2. Use the correct skills to meet the challenges.



## how to play:

- Children begin moving around the area on their own. Gradually increase the speed of movement.
- Whilst moving around the area call out numbers for actions they must complete:
  - 1 = Touch the floor with one hand.
  - 2 = Jump in the air.
  - 3 = Touch the floor with two hands.
  - 4 = Celebrate scoring a point.

**Progression:** Move in different ways (jumping, skipping, sideways, etc.)

**Progression:** Change the actions – the children can help with this.

This is a summary of a full plan available at [www.PEplanning.org.uk](http://www.PEplanning.org.uk).

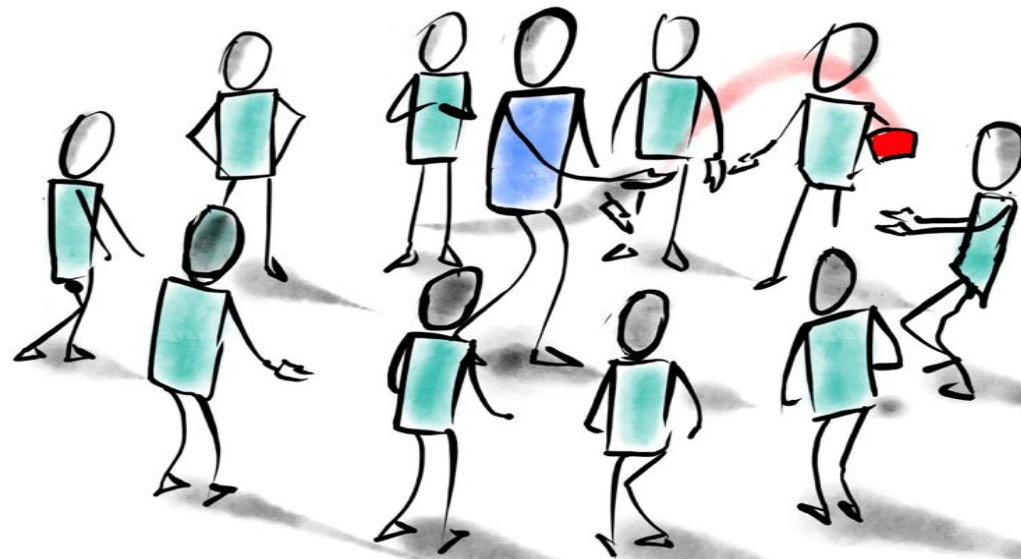
Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

**how to set up:**

- Split the class into groups of 5/6 children and give each group 1 beanbag.
- Each group should find a space and form a small circle with one child standing with the ball in the centre.

**equipment:**

- Beanbags.
- Tennis balls.

**how to play:**

- The child in the centre can throw the beanbag to any of the children in the circle who must catch it and throw it back to the child in the centre.
- The child in the centre should keep throwing the beanbag to different children.
- Keep changing the child in the centre.

**Differentiation:** Slide the beanbag across the floor, and receive by placing hands together, in front of the body.

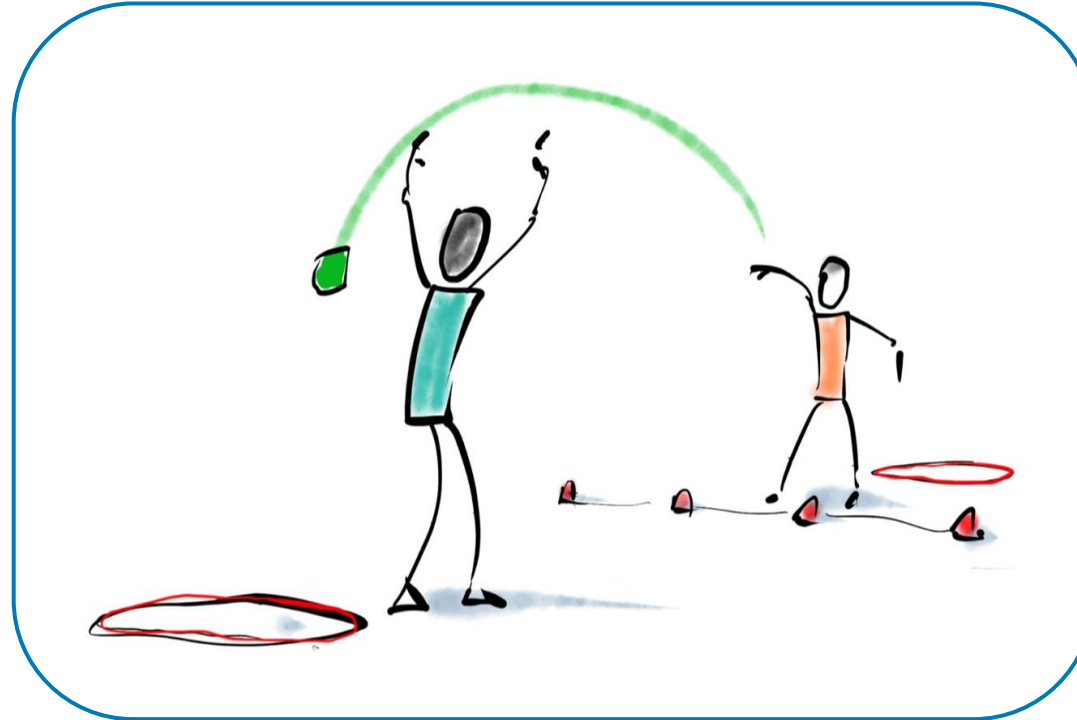
**Progression:** Use a ball instead of a beanbag. Make the circle bigger.

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**how to set up:**

- Pupils work in pairs.
- Each pair need a small 1v1 court to play on.
- A dividing line should be set up, with one pupil on each side of the line. A hoop should be placed approximately 3-4 steps from the dividing line (and behind each pupil).

**equipment:**

- Hoops.
- Cones.
- Beanbags.

**how to score:**

- If a child successfully throws the beanbag into their opponent's hoop, they score 1 point.

**how to play:**

- The aim of the game is to throw beanbags into your opponent's hoop to score points.
- The children take turns to throw the beanbag from their side of the court into their opponent's hoop.
- A child is allowed to defend their hoop and stop the beanbag going into their hoop but is not allowed to cross the dividing line, enter or touch the hoop.

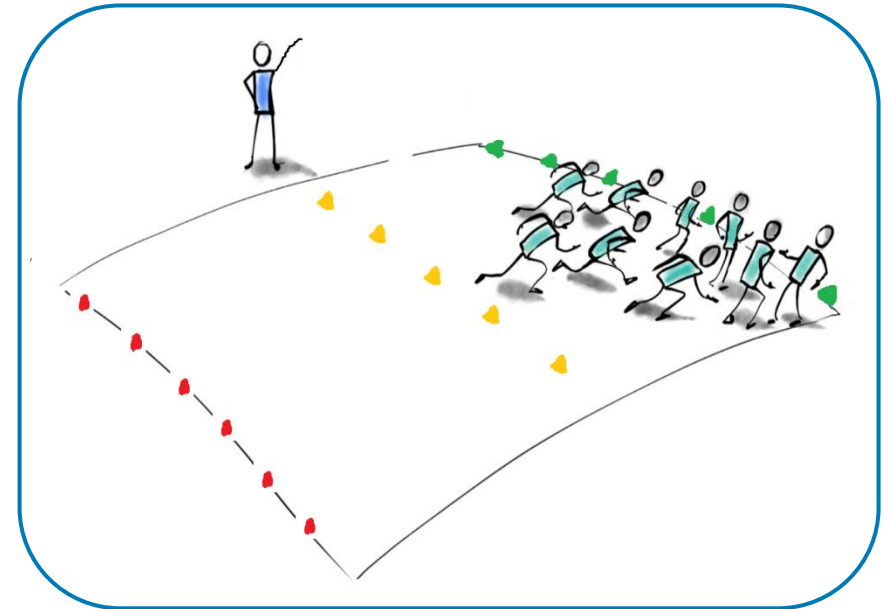
**Progression:** introduce a second hoop. This hoop should be 2 steps to the side of the first hoop. Play the game as before but each child now has two hoops to score in and defend.

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### how to play:

- Ask Children work inside a large, safe area.
- On one side of the area place a line of green cones; on the opposite side place red cones; and along the middle place a line of yellow cones.
- Children begin to walk around the area.
- Call out a simple statement regarding tennis.
- If children feel the statement is true they head to the green line; false to the red line; and if they're unsure they stand on the yellow line.
- Allow a minute or two for children to move to their colour choice before discussing the statement.
- After the discussion, allow children to change their mind about which colour line they are at.
- Repeat with a few true and false statements.
- Example statements could be...
  - *A ball is used in tennis.*
  - *A net part of the court in tennis.*
  - *Tennis is played in water.*
  - *A tennis ball is the same size as a football.*



### plenary:

- What skills did you use to play the games today?  
*Encourage the children to think of what they did when playing the game.*
- What did you do well today?  
*Encourage the children to think of what they did well when playing the games.*

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