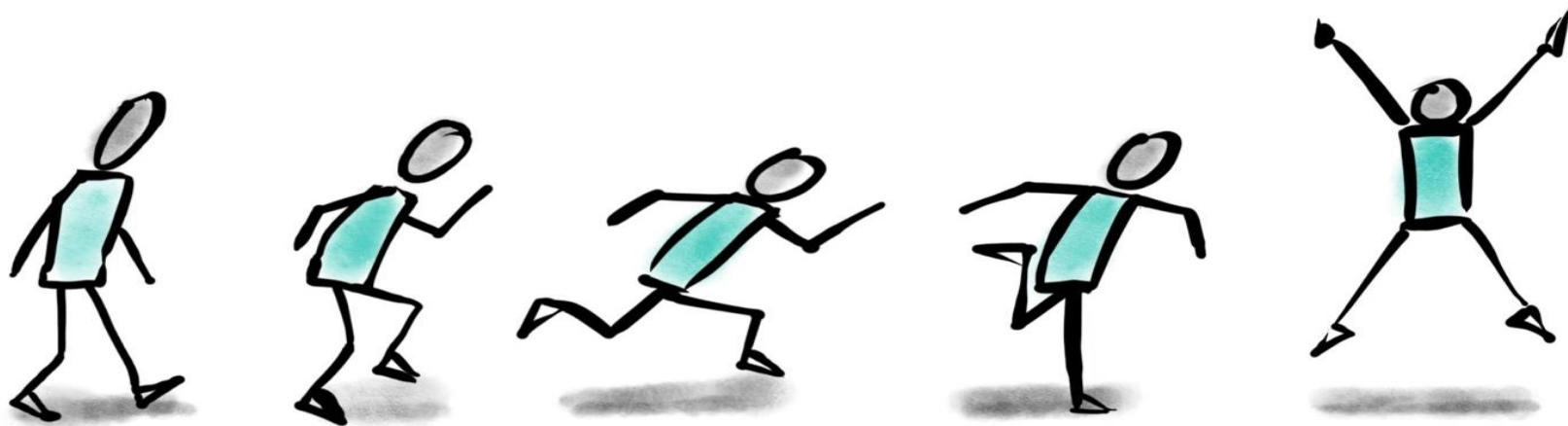


## lesson objectives:

1. Engage in competitive physical activities (both against self and against others).
2. Choose and use simple tactics to suit different situations.



## how to play:

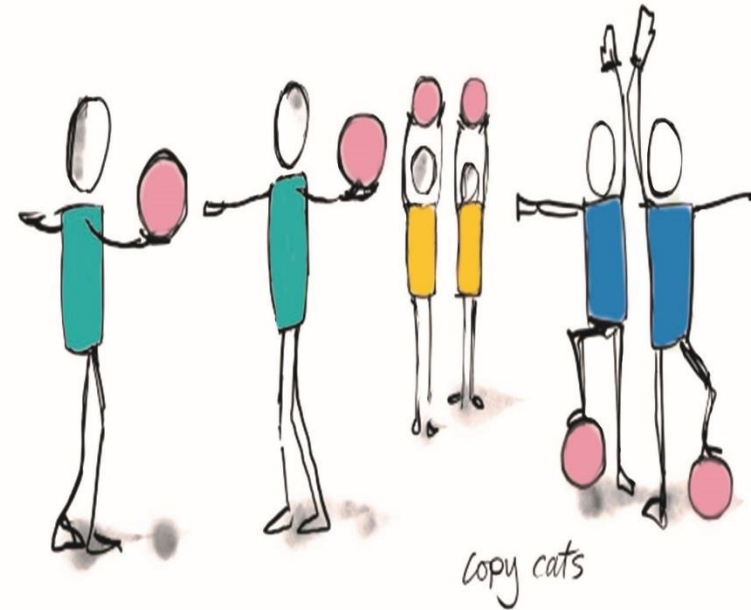
- Ask all children to spread out and find a space.
- Ask the children to move on the spot in different ways – walk, jog, run, high knees, heel flicks, star jumps.
- Ask the children to get involved with thinking of different movements.

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 play:

- The children work in pairs standing facing each other 2/3 steps apart.
- One child from each pair is the 'Leader.'
- The 'Leader' makes shapes and performs actions with their body staying on the spot.
- Their partner must copy their actions as quickly and closely as possible.
- Swap roles every minute.



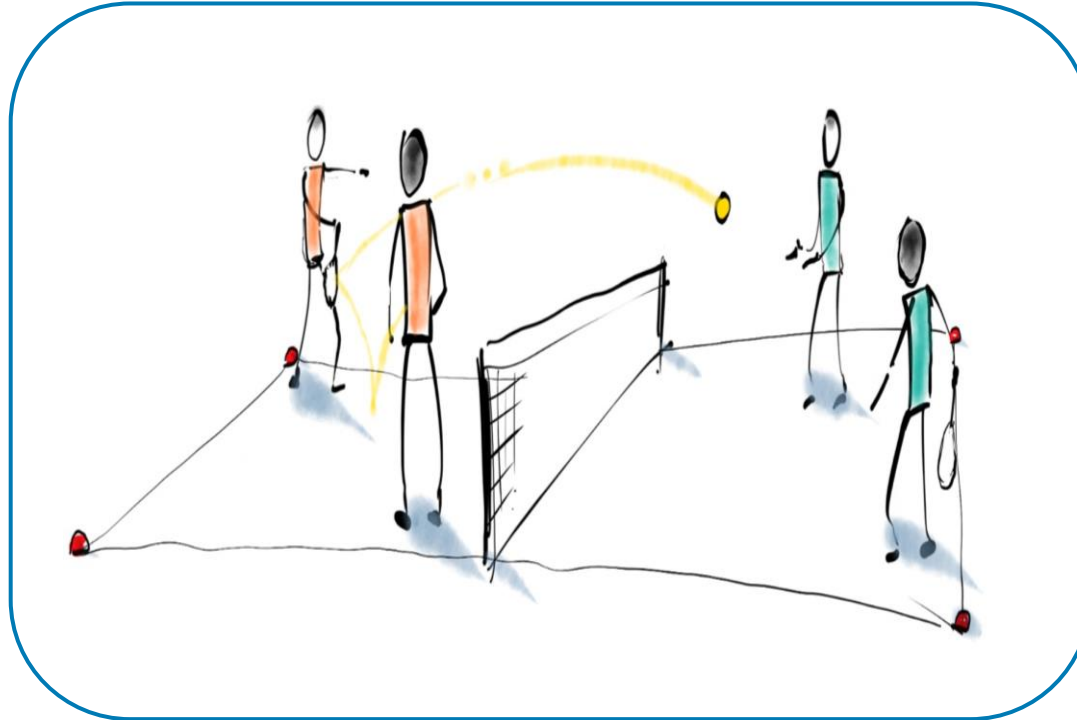
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**how to set up:**

- Courts should be set up in a rectangle - divided by a half way line.
- Each half should be approximately 4 steps by 4 steps.

**equipment:**

- Racket
- Ball
- Cones

**how to score:**

- Throw or hit the ball over the net/divide, so it bounces twice in your opponent's side of the court.

**how to play:**

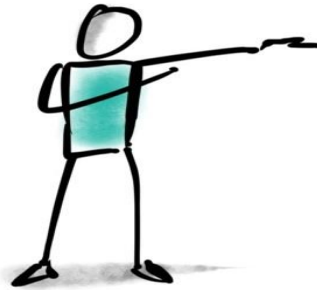
- The game is played 2 v 2 on a small court.
- One child from each pair has a racket.
- The ball starts on one side of the net with the child without the racket holding the ball.
- The ball is fed (a small underarm throw that bounces once) to their partner with a racket who should try hit the ball over the net. The child without the racket on the opposite side of the net should try to catch the ball before it bounces twice.
- It is now their turn to feed the ball to their partner and try hit it over the net. Keep swapping roles.

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Hamstring



Arm



Quadriceps



Side

### how to play:

- Ask the children to stand in a semi-circle around the teacher.
- Show the children a stretch and get them to copy.
- Start at the top of the body and work all the way down stretching the major body parts - arms and legs.

### 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 other net/wall games are there?  
*Badminton, volleyball, racket ball, squash.*
- What did you do well today?  
*Encourage the children to think of what they did when playing the game.*

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