

Brilliant ball skills

Learning objectives:

- To master basic sending and receiving techniques.
- To develop balance, agility and co-ordination.

Learning outcomes:

- Develop anticipation and reaction when working with beanbags or balls.
- Catch a ball or beanbag on a bounce.
- Catch a ball from a throw.

Prior learning:

- Balance, agility and co-ordination (Unit 1, Multi-skills).

Vocabulary:

- Send, receive, underarm, overarm.

Equipment:

- A variety of balls, beanbags and spots.

Champions resources:

- Champions movie: *throwing and catching*.

Warm-up:

Ask the children to jog around the playing area. As they jog, ask them to move in different ways (e.g. high knees, heel flicks, high skipping). Keep changing the activity.

Remind them that quality (good technique) rather than speed is important in this activity.

Skills learning and development:

The children choose a ball they feel comfortable with. Offer advice and suggest they change it if they choose one that is too easy or difficult.

The children pass the ball from hand to hand, around their body, and under their legs.

Ask them if they can walk around, passing the ball from hand to hand without crashing into anyone.

Ask them to bounce the ball and catch it with two hands. Their catching technique should use cupped hands in a ready position.

Now they throw the ball up in the air underarm and catch it with two hands.

The children move around, bouncing the ball and catching it with two hands.

The children get into pairs and roll the ball to their partner. They should target the receiver's hands.

Make it a competition: how many rolls can they do between them in 30 seconds? The children can record their scores.

Now they throw the ball to their partner, starting 1m apart, or further away to make it harder. They should target the receiver's hands and use an underarm throw. Explain that good technique is to put the opposite foot to the throwing hand forward and to push the ball through to their partner.

Make it a competition: how many throws can they do between them in 30 seconds? The children can record their scores.

Application and practice:

Two versus one possession game

Put the children in threes. Two of them keep the ball and other player tries to get the ball. They cannot move their feet when the ball is in their hands. If the one player touches or catches the ball, the player who threw it becomes the single player.

Reflect and review:

Ask:

- *What have you learnt today?*
- *How should you stand when rolling or throwing the ball?*
- *What do you have to do when the ball is travelling to you?*

Support

When practising rolling, provide a spot for the ball to be rolled over.

Extend

Increase the distance when throwing and catching.



Unit
4

Brilliant ball skills

Lesson 2

Year 1 • Champions

- Learning objectives:**
- To master basic sending and receiving skills.
 - To develop balance, agility and co-ordination.

- Learning outcomes:**
- Develop anticipation and reaction when working with beanbags or balls.
 - Catch a ball or beanbag on a bounce.
 - Catch a ball from a throw.
 - Develop accurate throwing skills.

- Prior learning:**
- Sending and receiving a ball (Lesson 1).

- Vocabulary:**
- Throw, catch, receive, react.

- Equipment:**
- A variety of balls, beanbags, spots and hoops.

Warm-up:**Beans**

Ask the children to walk around the room. Call out the following types of bean so the children can do the corresponding action. Model the game and ensure the children know which bean is which before beginning.

- Runner bean – run on the spot in different directions.
- Jumping bean – jump on the spot.
- Jelly bean – stand still and wobble like a jelly.
- Frozen bean – freeze.

Skills learning and development:

Recap on Lesson 1 by asking the children to move around the playing area, throwing the ball and catching it.

Repeat, this time bouncing the ball before catching it. Remind them to keep the ball in front of them, where they can see it.

Working in pairs, one child throws the ball to their partner, aiming to bounce it in a hoop between them before their partner catches it.

Put some flat spots around the hoop. Still in pairs, the children aim to hit the spots to get one point. If it bounces in the hoop, they get two points. Allow them to practise before scoring.

Application and practice:**Circle catch**

Each pair joins with two other pairs to make a group of six. Give each group a beanbag. The group stands in a circle with one player in the centre, who sends the beanbag to each player in turn until everyone has received and returned it. Swap the person in the middle until all the children have had a turn there.

Make it a competition – can they do it more quickly than the other teams? The teams sit down when they have finished.

Reflect and review:

Ask:

- *What have you learnt today?*
- *Why do you think the winning team won?*
- *What made you successful when sending and receiving?*

Support

Use a bigger ball or beanbag, keep the ball lower or reduce the distance.

Extend

Increase the distance between players or use a ball instead of a beanbag in circle catch.



Brilliant ball skills

- Learning objectives:**
- To master basic sending and receiving techniques.
 - To develop balance, agility and co-ordination.

- Learning outcomes:**
- Develop anticipation and reaction when working with beanbags or balls.
 - Catch a ball or beanbag on a bounce.
 - Catch a ball from a throw.
 - Develop accuracy of send.

- Prior learning:**
- Sending and receiving a ball (Lessons 1 and 2).

- Vocabulary:**
- Throw, catch, receive, react.

- Equipment:**
- A variety of balls, beanbags and cones.

Warm-up:

Follow the leader

In groups of four, one leader takes the others around the playing area or along a line while doing a warm-up activity (e.g. running, jogging, hopping). When the whistle goes, change the leader and the activity.

Skills learning and development:

Recap on rolling a ball to a partner. Each pair has one ball, which they roll for their partner to receive and send back.

Introduce another ball so that each child has a ball. Can they roll two balls back and forth at the same

time? When rolling the ball, they should push it away and point their hand in the direction they want the ball to go.

Application and practice:

Cone raider

Working in pairs, the children face each other with between three and five cones spaced out in front of them. They aim a beanbag or ball at their partner's cones. If they hit one of their partner's cones, they take it and add it to their own line. The winner is the one who ends with all the cones.

After practising, the children play as a full competition, changing partners when they have played one game.

Reflect and review:

Ask:

- *What made you accurate with your sending?*
- *Did anything change in your accuracy when you were competing against other people?*

Support

Add fewer players to each team.

Extend

Add more players to each team.



Unit
4

Brilliant ball skills

Lesson 4

Year 1 • Champions

- Learning objectives:**
- To master basic sending and receiving as well as developing balance agility and co-ordination.
 - To make use of co-ordination, accuracy and weight transfer.

- Learning outcomes:**
- Understand the overarm throwing technique.
 - Understand when to use an underarm throw.

- Prior learning:**
- Technique for sending underarm, receiving and throwing overarm.

- Vocabulary:**
- Travel, underarm, catch.

- Equipment:**
- A variety of balls, beanbags, cones.

- Champions resources:**
- Champions movie: *throwing and catching*.

Warm-up:

Mark out a 20m x 20m area and ask the children to walk around inside the area. Ask if they can think of other ways of travelling. At the whistle, they stop and circle their arms forwards and change the way they are moving (e.g. jogging, hopping, jumping). At the next whistle, they stop and circle their arms backwards and change their movement again. Repeat.

Skills learning and development:

Ask: *We have looked at throwing the ball underarm. How else can we throw a ball?*

Good overarm throwing technique is to hold the ball in your fingers, behind you, with your arm bent and your opposite foot forward. Release the ball in front of you and aim high. Step forwards as you throw.

The children practise overarm throwing with a partner, at a distance of 5m to start with. One person throws

the ball while the other catches it and rolls it back to their partner. Change roles.

Challenge – see how far apart they can get and remain successful at throwing to their partner.

Develop the activity so that the children throw and catch to each other without the roll.

Application and practice:**Two versus one possession game**

Put the children in threes. They play in a defined area, the size dependent on ability. They can choose the ball that they use and change it if necessary. Two of them keep the ball and other player tries to win or intercept the ball. The children should be encouraged to make both over and underarm passes and to roll the ball. Encourage them to think about the best type of throw to use and why, and also how they can find a space to throw into, to help their teammate.

Reflect and review:

Ask:

- *What made you accurate with your sending?*
- *Did anything change in your accuracy when you were competing with other people?*
- *What types of throw did you use and why?*
- *Which sports have you seen the overarm throw in?*

Support

Reduce the size of the area or use an easier (e.g. larger) ball.

Extend

Use a smaller playing area. Use a smaller ball.



Unit
4

Brilliant ball skills

Lesson 5

Year 1 • Champions

Learning objective: • To develop receiving skills.

Learning outcome: • Stop, trap or catch the ball while on the move.

Prior learning: • Playing with a variety of pieces of equipment.

Vocabulary: • Receive, balance, weight.

Equipment: • Balls of various sizes, cones, dice.

Champions resources: • Champions movie: *throwing and catching*.

Warm-up:**Dice game**

As a class, choose six different activities (e.g. star jumps, running on the spot, hopping) etc and assign each a number. The children jog around the playing area until the dice is thrown. Then they have to do the activity that corresponds to the number shown on the dice. On 'Go!', they jog again.

Skills learning and development:**Space invaders**

Each pair has two cones which are 5 m apart. The children pick a ball that they think they can catch. One of the pair stands between the cones. They are the space invader. The other player feeds the ball to them. The space invader moves sideways between the cones to catch the ball. The thrower should watch where they move.

When the pair has made five successful catches, they swap roles. If they continue to be successful, encourage them to try a smaller ball.

Repeat the activity, this time rolling the ball for the space invader to trap with their foot. They should stay balanced and try using both feet. Choose a child to model good trapping skills.

Ask them to change their ball to one that is smaller.

Ask: *Is it easier or harder?*

Application and practice:**Game**

The children play in teams of four. Set up an area with four goals set out in four corners. The children have to pass and receive the ball using their hands. To score a goal, anyone from the team has to catch the ball between the goals. When a goal is scored, they give the ball to the other team.

Reflect and review:

Ask:

- *Do you think you are better at sending or receiving?*

Support

Use a larger ball or work closer together.

Extend

Use a smaller ball or a larger space.



Unit
4

Brilliant ball skills

Lesson 6

Year 1 • Champions

Learning objective: • To use ball skills in game-based activities.

Learning outcome: • Play a game, following the rules and demonstrating fair play.

Prior learning: • Sending and receiving, attacking and defending (Lessons 1 to 5).

Vocabulary: • Bounce, catch, send, receive.

Equipment: • Balls, cones and bucket.

Warm-up:**Stuck in the mud**

Divide the class into two teams. All children are stuck in the mud and so cannot move – except for one child from each team. Give these two children a ball each. The aim is to set their team mates free by throwing a bounce pass to them. If the child catches it, they are free, and throw it to another stuck team mate, until everyone is free.

The team which frees all team mates first wins.

Skills learning and development:**It's mine**

The children play three against one in an area roughly 6m square. This is a possession game in which the team

of three have to make five passes to score a goal. They aim to pass the ball around the single defender.

Remind players to have their hands ready to catch, to watch the ball and signal or show the others in their team where they want the ball. Change the defender after five minutes.

Introduce a 'magic man' who can play on both teams. This can be used by placing a teaching assistant or a confident child in this position, and modelling effective play.

Application and practice:

Change the game so that the only way to pass the ball is to use a bounce pass. Repeat the game, changing the defender and the ball. Change the teams.

Reflect and review:

Ask:

- How well did you work as a team?
- Did you enjoy defending or attacking more?

Support

Use a larger ball or a smaller pitch.

Extend

Use a smaller ball or a larger pitch.

