

imoves	Lesson 1 Baseline Assess	Lesson 2 Anticipating Moves	Lesson 3 Anticipating Moves 2	Lesson 4 Catching & Passing	Lesson 5 Moving with Equipment	Lesson 6 End of Term Assess
Warm Up	Indoors: Play fitness video Then: Knock, Knock Children speed walk around area of cone 'doors'. On "knock, knock" children knock on door with hands, feet, knees, elbows, heads and bottom.	Indoors: Play fitness video Then: Knock, Knock 2 As lesson 4 but children record how many doors they get through; this is their Personal Best (PB) score. Whistle after 20 seconds stops play.	Indoors: Play Fitness video Then: Knock, Knock 3 As lesson 5 but with a tennis ball on each doorway. Children move, knock then bounce the ball 5 times before moving to another doorway to knock.	Indoors: Play Fitness video Then: Bull in the Ring 5 players stand in a circle with 1 player in middle. Challenge is for player in middle to intercept passes being made by those on the outer ring.	Indoors: Play Fitness video Then: Bull in the Ring As lesson 4 but decrease the size of the circle to increase challenge. Emphasis on ball skills to improve passing, fake passing, quicker passing.	Indoors: Play fitness video Then: Bull in the Ring As lesson 5 but vary the ball size being used; for example, a smaller ball becomes harder to intercept. Then add more interceptors to up challenge.
Activity	Baseline Assessment Cone Stars Work in pairs; 1 cone & ball between them. Child A sends the ball to Child B, if the ball is caught then the SENDER moves their cone marker back. Alternate.	S.P.O.T Kick Using a tipped bench or wall space: Children play 1v1 or 2v2 by kicking the ball and rebounding it. The aim of the game is to be able to return the kick the ball within 1 touch.	Bounce & Catch Teams of 4-6. 1 team is throwing team and other is catching. Throwers take turns to throw a ball over a barrier and try to bounce the ball in one of three hoops.	Fetch In pairs, Child 1 holds the ball whilst child 2 runs out in front, Child 1 shouts 'yes' and extends their arm, once Child 1 hears the call and sees the hand they must pass the ball.	Throw & Catch Using two hands: Children throw a small ball to a partner and catch with both hands. Start off static then get children to move around a central cone.	End of Term Assessment Cone Stars Work in pairs; 1 cone & ball between them. Child A sends the ball to Child B, if the ball is caught then the SENDER moves their cone marker back. Alternate.
Skill	Use Assessment Snapshot Continue completing assessment. See lesson page and Assessment Snapshot for details.	S.P.O.T Hit As the game above, using a bench tipped on its side, but using a hand to strike the ball instead of kick. Failed return hits earn the players a letter. Loser is first to spell 'SPOT'.	S.P.O.T. Wall Using a wall space, children play 1v1 or 2v2 by striking the ball with the hand and rebounding it off the wall. Failed returns earn a letter. Loser is first to spell 'SPOT'.	Pursue & Stop Roll and chase a large ball for 5-10m, getting in front of it and stopping it with a sideways knee facing their partner. Repeat above but with a tennis ball. 3 levels.	Pass & Catch Development Roll the ball to each other, focussing on delivering to a target & making the correct barrier to stop the ball. Develop the roll into a bounce & catch with 1 hand.	Use Assessment Snapshot Continue completing assessment. See lesson page and Assessment Snapshot for details.
Activity with Skill	Wall Bounce Children take it in turns to practice balance, throwing and catching against a wall. Games should last approx. 1-2 minutes. 3 levels of progression included.	Wall Bounce Rally Similar setup to lesson 1, but the 2 nd and 3 rd levels of build rebounding skills and rally skills, ending with the development of a playable game situation.	Bounce & Rally This is a repeat of the 'Bounce & Catch' game - but utilising the skill of returning the ball to create a rally situation (as practised in the skill element of the lesson).	Roll-a-Goal Mini Game 3 children per team. Sat either side of a target. Teams roll the ball in an attempt to get it to rest between two markers (or within a hoop/on a spot).	Roll-a-Goal: Fast Lanes Teams play against each other by passing, catching and finally rolling a ball between two markers to score a goal (smaller goals are perfect for accuracy).	Ultimate Roll-a-Goal Teams play against each other by passing, catching and finally rolling a ball to score a goal. Race to see which team can pass & receive & score the fastest.
Review / Assess	Snapshot Assessment Sheet Use the assessment snapshot form to complete a baseline of where you think your children are at this point in their learning.	Head, Hands, Heart Encourage children to review their learning based on their thinking, their skills and their character – so in essence, their Head, Hands and Heart.	Head, Hands, Heart Encourage children to review their learning based on their thinking, their skills and their character – so in essence, their Head, Hands and Heart.	Then & Now This beginning & end-of-lesson assessment measures confidence before and after a task. Children stand beside the colour that best matches their feelings and confidence.	Then & Now This beginning & end-of-lesson assessment measures confidence before and after a task. Children stand beside the colour that best matches their feelings and confidence.	Snapshot Assessment Sheet Use the assessment snapshot form to complete a baseline of where you think your children are at this point in their learning.