

	Lesson 1 Baseline Assessment	Lesson 2 Ball Catching	Lesson 3 Ball Blocking & Avoiding	Lesson 4 Strength & Balance	Lesson 5 Seated Balance	Lesson 6 End of Term Assessment
Warm Up	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 1 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 L3: Circle game with one player in the middle intercepting passes from the outer ring. Vary the ball size and add more interceptors to increase difficulty. Record scores and run a league.	Indoors: Play dance video Then: Making Shapes Travelling around using a range of body parts. When the music stops, ask children to perform either a patch or point balance. Use music link.	Indoors: Play dance video Then Patch & Point Reinforce 'what is a balance' (still and steady position for 5 seconds) and recap on the 5 body parts which can be used in a patch balance.	Indoors: Play dance video Then Patch & Point Reinforce 'what is a balance' (still and steady position for 5 seconds) and recap on the 5 body parts used in a patch balance with mirroring.
Activity	Baseline Assessment – Wall Blast Wall Blast is a team game with 3-4 players. Players throw and catch a ball against a wall, scoring points if it bounces before being caught. The player with the most points wins.	SCORE In the game "SCORE", children pass and score in hoops to earn letters S-C-O-R-E. Interceptors try to stop them. First to spell "SCORE" wins, with bonus points for demonstrating desired traits.	Shooting Stars is a game for five players with a ball and small goal. Level 1 involves passing the ball in numerical order and shooting for the goal on player 5. In Level 2, player 1 becomes an interceptor, and teams can play without passing in numerical order.	Rectangle Roll: 4 players at rectangle corners roll ball clockwise then anti-clockwise. Avoid rolling too fast or close, adjust size. Try diagonal rolls, non-dominant hand. Follow roll to another corner.	Goalball Team Defence is a team challenge where three players aim to stop the attacker from scoring a goal. The defender must remain on their mat and listen carefully to stop the ball. After five shots, players rotate positions.	End of Term Assessment – Wall Blast Wall Blast is a team game with 3-4 players. Players throw and catch a ball against a wall, scoring points if it bounces before being caught. The player with the most points wins.
Skill	Use Assessment Snapshot Children should vary their play style, e.g. catch with one hand, spin the ball, and change stance. Emphasize pointing, discourage chest passes, and promote quick decision-making. Correct catching position is crucial, children earn bonus points.	In Ball Catching , students practice throwing and catching a ball solo or in pairs to develop skills. They experiment with distance, style, and ball type and set personal bests. Proper body position, watching the ball, and adjusting speed are crucial.	V.I.P. is a skill game for 4 or 5 players. The blocker protects the VIP from being hit by balls thrown by the throwers who stay outside a designated area. If the VIP is hit, the game is over.	Holding Form This exercise improves core strength and balance. In a seated position, players must swap equipment from side-to-side, place equipment on opposite sides, hold a dish shape, and create five seated shapes.	Object Passing Seated individuals pass equipment from one side to the other using their feet, while keeping their arms off the floor. They can do this alone or with a partner who pivots to pass the object. Time how many objects or how quickly they are passed.	Use Assessment Snapshot Children should vary their play style, e.g. catch with one hand, spin the ball, and change stance. Emphasize pointing, discourage chest passes, and promote quick decision-making. Correct catching position is crucial, children earn bonus points.
Activity with Skill	King Ball is played with 2 squares placed within 5-10m. Teams of 4 players score by throwing the ball into the opponent's square. If caught, the game continues. It can be played to a time limit or a set number of points.	In King Ball , follow rules from ithink Lesson 1. Teams score points by throwing ball into opponent's square. Use previous skill to catch. One point for landed ball, no points for caught ball.	King Ball with three teams: add a third team in the central zone. They swap places with the shooting team if they intercept a shot, and if a shot lands out of bounds, the shooting team swaps places with the central team. Apply regular King Ball progressions.	Goalball is a 3 v 3 sport with non-playing roles. Use a ball with a bell or tie a plastic bag. Possession lost for not staying on mats, kicking ball, or removing eyeshades. Four outcomes when rolling ball: goal, out of play, blocked, blocked and out.	In Goalball: Level 2 , players should review the rules from Lesson 4 and try to pass the ball to their teammates using their hands for bonus points. Tactical Timeout rules are the same as in Level 1.	In Goalball: Level 3 , players should review the rules and form teams. They must demonstrate more advanced skills, such as passing while holding a balance or blocking thrown balls. Review Tactical Timeout rules and assessment questions from Level 1.
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.	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.	Secret Agent Teacher recruits a handful of 'secret agents' who are given secret instructions prior to the last game, to listen out for a particular thing and then report back.	Secret Agent Teacher recruits a handful of 'secret agents' who are given secret instructions prior to the last game, to listen out for a particular thing and then report back.	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.