

	Lesson 1 Baseline Assess	Lesson 2 Predicting Movements	Lesson 3 Changing Direction	Lesson 4 Passing Accuracy	Lesson 5 Quicker & Faster	Lesson 6 End of Term Assess
Warm Up	Indoors: Play dance video Then: Traffic Jam This activity gets your children moving in and out of each other at different speeds and movements, finding the available space.	Indoors: Play dance video Then: Traffic Jam 2 As lesson1 but include these steps: Walk slowly, Stop, Speed Walk, Jogging, Dodge, Gallop, Balloon Control, Gear Change, Position Change.	Indoors: Play dance video Then: Traffic Jam Build Up As previous lessons but teacher will begin the movement of people from one spot to another, until all are exchanging places.	Indoors: Play dance video Then: Island Toss Spread beanbags/sponge balls over both sides and split the group in to 2 teams. Children throw equipment to the other side and try and clean area.	Indoors: Play dance video Then: Three Island Toss Children use underarm/ overarm throw to get the beanbags to the other side and try and clean their own area. 3 teams at same time.	Indoors: Play dance video Then: Four Island Toss Separate the area into four zones, use mats or benches to create a divide. Add hoops or scoring/point zones to develop the game.
Activity	Baseline Assessment: Powerball 2 players face 3 defenders on the Powerball pitch. Players have 60 seconds to place sponge balls/beanbags in five scoring baskets on the pitch.	S-C-O-R-E Pass the ball around team and score in hoops spread around the area, interceptors stop them scoring. Passing team earn letters by scoring in scoring zones.	Cat & Mouse Evasion Children stand back-to-back, one step apart, numbered 1 and 2. Aim of the game is to avoid being tagged by the other, when called, before reaching the end zone.	Roll Ball Playing on a court with three mini goals on each end. Roll the tennis ball to each other, as they move up the court, with the aim of rolling the ball through a target.	Roll Ball Bridge Two player game. Playing in a space where one child can bowl a ball and the other can create a bridge with their body for the ball to pass through.	Baseline Assessment: Powerball 2 players face 3 defenders on the Powerball pitch. Players have 60 seconds to place sponge balls/beanbags in five scoring baskets on the pitch.
Skill	Use Assessment Snapshot Continue completing assessment. See lesson page and Assessment Snapshot for details.	Two Legs, One Leg Arm out in front, shoulder height, holding a tennis ball. Let the ball bounce on the floor and then try to catch it before it bounces a second time.	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.	Juggle Ball Using a wall space, children take it in turns to practice throwing, catching or kicking against a wall via a Personal Best rally game. Aim for the longest undisturbed rally.	Juggle Ball 2 Using right and left hand/foot: With a partner, simultaneously pass a large ball along the floor with your feet and throw a tennis ball for 10 continuous passes.	Use Assessment Snapshot Continue completing assessment. See lesson page and Assessment Snapshot for details.
Activity with Skill	Kingball Mark out two rectangles that are facing. Position a team of 4-6 players in each square. Score points by throwing the ball and having it land in their opponent's square.	Kingball 2 Players to use skill from previous activity to try and catch a thrown ball. If a player catches on one leg, that piece of equipment goes into that teams score pot.	Kingball 3 Three teams - Place a 3 rd team in the central zone. If the team in the central zone intercept a shot, they swap places with the shooting team the intercepted it from.	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.