

YEAR 1 - KS1 UNIT 1 LESSON 3 - PASSING & RECEIVING

Learning objectives: Awareness of space, ball familiarisation, push (*chest*) pass, receiving the ball, catching high

1 Warm up activities

- In an area marked by different coloured cones around the outside, children are asked to show how they can run and dodge, avoiding contact and using all the space. Children practise stopping and starting by the teacher calling out 'freeze'.



- In a space practise jumping and hopping in different ways Children can show how they can travel by hopping or jumping.



- Children are asked to stand by a cone. On the command the children run, jump or hop to another cone, avoiding collisions. This is repeated several times.

- Children can be asked to move to the same colour or change colours. A tagger is introduced in the middle as 'king of the ring'. The tagger tries to touch as many children when they change places. The game is repeated with a change of 'king'.



2 Skill Learning

- The children collect a ball each and stand facing the teacher in a ready position. The teacher gives instructions and demonstrates each task.

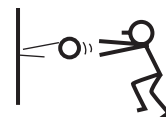


Children are asked to hold the ball up high with two hands, stretch and bring back down. The ball is then lowered to touch the floor. This is repeated but the ball is now carefully transferred from hand to hand as it moves. When it touches the floor it can be rolled from hand to hand. Now try to pass the ball around the waist.

- Can you pass the ball through the legs? Now push the ball from the ready position, up into the air, let it bounce and then step in to catch it. Can you now push the ball into the air and catch it before it touches the floor? Can you jump to catch the ball from a high bounce or from a 'push throw' into the air?



- If a wall is available children can practise 'push throws' up against the wall and step in to catch. Where possible show individual children how to perform the 'push throw' from two hands in front of the chest rather than an underarm or over the head throw.



- Children are put into pairs with one ball. The spare ball is put safely out of the area. The children sit facing each other, two metres apart and practise rolling the ball from two hands to each other. They stand up and come closer together so that they can pass the ball without the ball travelling through the air. Gradually they can step back a step to allow the ball to be passed through the air. When they catch, encourage the children to hold the ball firmly with two hands. They children can also try to bounce the ball for their partner to catch. They can throw high and also throw low to practise catching and throwing at different heights.



3 Game Experience

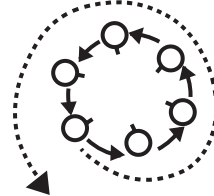
- Play 'pass around the ring'
- In core task 2 the passing game is passing around a ring of children. In this game it is important that the children are spread passing distance away. When played fully the children should be encouraged to use the push pass from the chest practised in the skill learning rather than an underarm pass. As the passes improve the children will need to be further apart. Several circles can be formed with a race around the ring introduced. The race can be the first child running to beat the speed of the ball around the ring.



4 Closing Activity



- Jog gently in the area, now walk, now stand in a space with your feet apart, raise your hands above your head and circle them slowly, now backwards.



PLENARY: Sit the children down and talk about the effects of exercise and why exercise is good for them. PQ 13, PQ 14, PQ 15 (p156)

TOP PLAY CARDS: Catch Up, Take Cover, 1-2-3-4