



Year 1
Lesson Plans
Spring Term



ABOUT THE UNIT

In this unit children develop basic game-playing skills, in particular throwing and catching. They play games based on net games (like tennis and badminton), and games based on striking and fielding games (like rounders and cricket). They have an opportunity to play one against one, one against two, and one against three.

In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition.

LEARNING OBJECTIVES FOR THIS UNIT (related to the four strands of the National Curriculum): -

Acquiring & developing skills	Selecting & applying skills, tactics & compositional ideas	Evaluating and improving performance	Knowledge & understanding of fitness and health
- to be confident and safe in the spaces used to play games - to explore and use skills, actions and ideas individually and in combination to suit the game they are playing	- how to choose and use skills effectively for particular games	- to watch, copy and describe what others are doing - to describe what they are doing	- that being active is good for them and fun

KEY VOCABULARY USED IN THIS UNIT

In this unit children will have an opportunity to use a range of words and phrases, such as:

- Avoiding, tracking a ball, rolling, striking, over arm throwing, bouncing, catching, free space, own space, opposite team

HEALTH AND SAFETY FOR THIS UNIT

- Children should be dressed appropriately to enhance their learning
- Is there enough space to play the games, so that the chance of collisions is reduced?
- Is the equipment the right size and weight for the children?
- Children need to be warmed up correctly
- Do they know the rules and what they are supposed to do?

Spring Term 1

School:	Class: Year 1	No. of pupils:	Activity: Dribbling and Dodging	Period:
Location:	Lesson No: One	Duration:	Date:	Delivered by:
Lesson Objective(s): To show an increasing ability to avoid others and use space.				
Course Outcomes: Travel with, send and receive a ball and other equipment in different ways				

	TIME	CONTENT	TEACHING POINTS	DIFFERENTIATION
WARM UP	5 - 10 mins	<ul style="list-style-type: none"> Play beeping horns. Children walk, run or skip around the space holding an imaginary steering wheel, when anyone gets in the way they say 'beep' 	<ul style="list-style-type: none"> Warming up should involve activity which is going to raise the pulse rate and prepare the body for physical activity 	<ul style="list-style-type: none"> Will differ in each child Children will work to own capabilities for warm up activities
INTRODUCTORY ACTIVITY	5 - 10 mins	<ul style="list-style-type: none"> 'On your toes' – children should be standing in front of you in a line going downwards. You are the leader and on your toes, decide which direction you are going to sprint in. Children must follow and last one to react loses a life 	<ul style="list-style-type: none"> Children should be on their toes 	<ul style="list-style-type: none"> Will differ in each child Increase/decrease number of lives Increase/decrease distance to run to
MAIN CONTENT	20 - 25 mins	<ul style="list-style-type: none"> Children work in pairs. One chases the other one and counts in 1s, 10s or 100s until they have caught them. Ask children to explain how you can get past someone when they have you cornered? Practise tricking partners. Gauntlet - Two or three children between a child and either end of a runway. Children must get to end being tagged the least number of times. 	<ul style="list-style-type: none"> Remind children to stay safe while running around. Show examples of children who are good at dodging and avoidance. Think about dodging techniques i.e. dropping shoulder to pretend to run one way and go the other 	<ul style="list-style-type: none"> Will differ in children Pairings/groupings of children can be adjusted When questioning children, think about wording and terms used Open/closed questioning Increase/decrease distances
PLENARY	5 - 10 mins	<ul style="list-style-type: none"> Review lesson and what has been learnt Light stretching 	<ul style="list-style-type: none"> Encourage use of sports specific terms i.e. when describing technique 	<ul style="list-style-type: none"> Vary how you question the children i.e. open/closed etc.

<p>EQUIPMENT / RESOURCES REQUIRED</p> <p>Coloured Cones</p>	<p>CROSS CIRICULAR / RELATED WET LESSON PLANS</p>
<p>ASSESEMENT AND END OF LESSON EVALUATION</p>	<p>ASSESSMENT OF CHILDREN – REWARDS / SANCTIONS USED</p>
<p>STRATEGIES FOR NEXT LESSON</p>	
<p>ADDITIONAL INFORMATION/ BEHAVIOUR MANAGEMENT TECHNIQUES USED</p>	



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