

Brilliant ball skills

- Learning objective:**
- To be aware of others when playing games.
 - To choose the correct skills to meet a challenge.

- Learning outcomes:**
- Dribble a ball with greater control.
 - Roll or throw a ball at a target with accuracy.

- Prior learning:**
- Ball skills from Years 1 and 2.

- Vocabulary:**
- Awareness, tactics, defend, attack, position, movement.

- Equipment:**
- Cones and handball-sized balls.

- Champions resources:**
- Champions movie: *football*.

Warm-up:

Ask the children to jog around the playing area. As they jog, ask them to move in different ways (e.g. high knees, heel flicks, high skipping). Keep changing the activity.

Remind them that quality (good technique) rather than speed is important in this activity. To make the activity harder, speed it up, maintaining the quality of exercise.

Skills learning and development:

Know the ball – give each child a suitable soft or light ball that bounces. Model different ways of bouncing the ball on the spot: with two hands, with one hand and one hand to the other.

Cross the line – put the children into pairs with one ball between them. Set out an area as shown on the lesson card. In their pairs, one child will be an attacker and the other a defender. They will line up around 20 steps apart on opposing cones with the line halfway between them. Move the defender five steps further away from the line.

On 'Go!', the attacker will dribble towards the line with the goal of crossing it. Model the dribbling – three steps then one bounce, three steps, one bounce and so on. Ask the children to take it in turns, working with

a partner and then ask successful children to model bouncing the ball between chest and hip height.

On 'Go!', the defender will attempt to tag the attacker before they get over the line.

Swap roles and repeat.

Application and practice:

Key skills game – the aim is to score as many points as possible before the defender touches the ball.

Lay out four to eight marker cones or spots in a playing area that is five to ten steps long by the same number of steps wide, as shown on the lesson card. To make the game easier, lay out more cones.

Play with a team of five attackers against one defender. The five attackers must use their throwing and catching skills to pass the ball. They cannot move when the ball is in their hands. Their aim is to score points by touching the cones with the ball as many times as they can. Cones can be touched in any order, but players must not touch the same cone twice in a row.

Keep swapping the roles so that all the children experience the role of the defender.

Reflect and review:

Ask:

- *What is the role of defender and attacker?*
- *How did you use ABC (agility, balance, co-ordination) in your game?*
- *Would it make the game harder or easier if the size of the playing area was reduced? Explain why.*

Support

Reduce the playing area or use stopping and rolling skills instead of throwing and catching.

Extend

Increase the playing area.



Brilliant ball skills

- Learning objectives:**
- To perform a range of actions, maintaining control of the ball.
 - To perform a range of catching and gathering skills with control.

- Learning outcomes:**
- Develop the ability to control a ball while moving, throwing and catching it.

- Prior learning:**
- Sending and receiving (Lesson 1).

- Vocabulary:**
- Control, ball control, catch, throw.

- Equipment:**
- Balls, buckets, beanbags, bibs.

- Champions resources:**
- Champions movie: *football*.

Warm-up:

Stuck in the mud with a bounce

To be set free the child collects a ball from a bucket and the player caught has to catch a bounce pass. Then they put the ball back in the bucket.

Skills learning and development:

Give each child a ball. Ask the children to move around the playing area, dribbling the ball, using three steps then one bounce and keeping the ball under control. On the signal 'Stop!', the children must stop and balance the ball on the palm of their hand for a count of three. Gradually encourage the children to increase their speed when dribbling, while keeping the ball under control.

Circle catch – split the class into groups of five or six children and give each group a beanbag. The group stands in a circle with one player in the centre, who sends the beanbag to any of the other players until everyone has received and returned it. Swap the person in the middle until all the children have had a turn there.

Encourage and highlight good throwing technique – straight arm, swing arm straight back and forwards towards the target. Throw with correct amount of power. Catchers should have their hands ready to catch the beanbag, watch it, be ready and concentrate.

When ready, swap to a ball.

Make it a competition – can they do it more quickly than the other teams? The teams sit down when they have finished.

Application and practice:

Prince of the ring – set out an area for the children to play in, large enough for the whole class to move around. Select two or three children to be attackers, who wear bibs so they can easily be seen.

Every other child is a defender and each has a ball. They must dribble (continually bounce) their ball around, keeping it within the playing area. They may need to practise dribbling in pairs as a separate exercise, before this game, or as an alternative to the game.

On 'Go!', the attackers enter the playing area and try to knock all the balls out of the area. If a defender's ball is knocked out of the area, they are out and must stand at the side. No bodily contact is allowed. The last defender remaining with their ball is the winner.

Discuss what skills and tactics worked best. Repeat the game with different attackers. Develop to use the handball dribble from Lesson 1: three steps to every bounce.

Reflect and review:

Ask:

- *What did you do well?*
- *How could you improve your skills further?*

Support

Use a larger ball or increase the ratio of steps to bounces.

Extend

Use a smaller ball or a bigger pitch.



Unit
4

Brilliant ball skills

Lesson 3

Year 3 • Champions

- Learning objectives:**
- To master the basic catching technique.
 - To catch with increasing control and accuracy.

- Learning outcomes:**
- Anticipate the ball and have the hands ready to catch.
 - Stop the ball in the hands without fumbling.
 - Be ready to react quickly once the ball has been caught.

- Prior learning:**
- Handball dribble, sending and receiving (Lesson 2).

- Vocabulary:**
- Prepared, ready, catch, gather, receive, clockwise, anti-clockwise.

- Equipment:**
- Soft or light balls and marker cones.

- Champions resources:**
- Champions movie: *football*, Champions movie: *throwing and catching*.

Warm-up:**Pass the ball on the move**

The children work in pairs with one ball between them. They move around a set playing area, rolling their ball back and forth. Each pair should keep moving around the area and passing the ball. Remind the children to keep close together, to communicate with their partner, to look where they are going and to move into a space.

Skills learning and development:

Each child requires a soft or light ball and a space to work in. The children throw the ball up in the air and catch it. Once they have had a chance to practise, challenge them to see how many successful catches they can make in one minute.

Discuss with the children how they can improve their catching. Repeat the activity with the aim of making more successful catches.

Tell the children to pair up and ask a partner to observe their throwing and catching and give them feedback on their technique.

Application and practice:**Target ball**

Split the class into groups of ten. Then split each group into two teams of four, plus a target player in each team. The target players must remain on the outside of the area. Players can travel with the ball using the handball dribble (three steps and bounce). A goal is scored if the ball is passed to a target player and they catch the ball successfully. The game restarts with the team that conceded the point starting with possession of the ball. Rotate target players regularly.

Reflect and review:

Ask:

- *What did you do well?*
- *How could you improve your skills further?*
- *Are there any adaptations we can make to the game to make it better?*

Support

Use beanbags instead of balls or don't use dribbling.

Extend

Use a handball-sized ball or a larger pitch.



Unit
4

Brilliant ball skills

Lesson 4

Year 3 • Champions

- Learning objectives:**
- To master the basic throwing technique.
 - To throw and hit a ball in different ways (e.g. high, low, fast or slow).

- Learning outcome:**
- Develop the underarm throwing technique and introduce the overarm throw.

- Prior learning:**
- Sending and receiving, underarm throw (Lessons 1 to 3).

- Vocabulary:**
- Underarm, overarm, technique, aim, follow.

- Resources:**
- Soft or light balls, hoops and marker cones.

- Champions resources:**
- Champions movie: *throwing and catching*.

Warm-up:

Focus on the arms. Ask the children to walk around a 20-step by 20-step area. Can they think of different ways of moving? Before starting to move in a different way, all the children should stop in a space and make arm circles. Repeat this each time before moving in a different way, using arm circles of different sizes and speeds. Repeat this five or six times, moving in different ways each time.

Skills learning and development:

Double catch – the children work in pairs. Each pair has one ball. They find a space and stand facing each other seven or eight steps apart. One child is the catcher and one is the feeder. The feeders start with the ball. They should throw it underarm to the catcher, who catches the ball and throws it back. Once the catcher has made three successful catches, the children swap roles.

Keep repeating the activity so the children get a few goes at both roles. Give each pair two balls and follow the Lesson 2.

Remind the children about good technique - hands should be ready and quick, keep eyes on the ball, aim towards the target and work together to co-ordinate the throw and catch.

Move apart – the children work in pairs with one ball between them. They start facing each other two or three steps apart. The child with the ball throws it to their partner. If they catch it successfully they take one step further apart. Keep throwing it back and forth. Each time a successful catch is made the child should take one step back. If they miss a ball, they take one step forward.

Successful pairs can move on to overarm throws. Remind the children of good technique – be ready to catch with hands ready and eyes on the ball, move in line to catch the ball if necessary and watch the ball until it reaches the hands.

Ask a child to model good technique. Hold the ball in the fingers. The ball should be held behind the head with the arm bent. Pull the ball through past the head. Release the ball as it moves past the head. As the ball is released, step through with the back leg to generate more power into the throw. Follow through with the throwing arm towards the target.

Application and practice:

Play target ball (from Lesson 3) with any changes that the children have devised.

While playing, encourage the children to use both types of throw appropriately.

Reflect and review:

Ask:

- *When the distance increases what type of throw should you use?*
- *What did you do well?*
- *How could you further improve your skills?*
- *Do we need different throws in games?*
- *What is the purpose of the underarm and overarm throws?*

Support

Use a beanbag or kooshball instead of a ball.

Extend

Increase the distance between players.



Unit
4

Brilliant ball skills

Lesson 5

Year 3 • Champions

- Learning objectives:**
- To apply skills and tactics in small-sided games.
 - To identify and follow the rules of games.

- Learning outcomes:**
- Demonstrate good catching techniques.
 - Demonstrate good throwing techniques.
 - Demonstrate good control of the ball and body.

- Prior learning:**
- Underarm and overarm throw, catching, dribbling (Lessons 1 to 4).

- Vocabulary:**
- Skills, tactics, accuracy, power.

- Equipment:**
- Soft or light balls, flat markers and large cones.

- Champions resources:**
- Lesson card.

Warm-up:

Touch, catch, shoot – the children jog around the playing area. When they hear '1', they touch the floor. At '2', they jump up and pretend to catch a ball high in the air. At '3', they pretend to shoot for a goal. At '4', they celebrate scoring a goal.

Skills learning and development:

The drop – the children work in pairs with one ball. One of the pair, the dropper, stands with the ball and holds it straight out in front of them at shoulder height. Their partner, the catcher, should stand opposite, facing them. The dropper can drop the ball at any time. The catcher must attempt to catch the ball after it has bounced once. The children then swap roles. Keep repeating the activity, swapping roles each time.

Application and practice:

Island handball – split the class into groups of ten. The game is played four versus four on a pitch as shown

on the lesson card. The remaining two children take up the positions of ball collectors. The other children from each team take up their positions on their marker spots. The aim of the game is to score goals by throwing the ball through the opponents' goal. The children should play it as a normal game of handball but must stay on their islands (marker spots). Allow the children to step off the island with one foot.

The ball collectors collect any ball that nobody can reach from a marker spot or that leaves the pitch – they should pass the ball back to the team that was not responsible for losing possession. The children should keep swapping roles.

As an extension, allow the children to move their marker spots. Ask the teams to decide as a group where best to position themselves. Play the game again with the children in their new positions. Now play against different teams.

Reflect and review:

Ask:

- *What skills have you used today?*
- *What went well?*
- *What do you still want to improve on?*

Support

Allow more bounces.

Extend

Use a bigger playing area.



Unit
4

Brilliant ball skills

Lesson 6

Year 3 • Champions

- Learning objectives:**
- To choose and use simple tactics to suit different situations.
 - To react to situations in ways that make it difficult for opponents to win.

- Learning outcomes:**
- Understand the rules of the game.
 - Apply the tactics learned.

- Prior learning:**
- Sending, receiving, control (Lessons 1 to 5).

- Vocabulary:**
- Ball, pass, catch, throw, score.

- Equipment:**
- Marker cones, soft or light balls, hoops and beanbags.

- Champions resources:**
- Champions movie: *football*, Champions movie: *throwing and catching*.

Warm-up:

Ask the children to jog around the playing area. As they jog, ask them to move in different ways (e.g. high knees, heel flicks, high skipping). Keep changing the activity.

Remind them that quality (good technique) rather than speed is important in this activity.

Skills learning and development:

Organise a mini target ball tournament. Divide the class into teams and collect the right amount of equipment.

The children can set up their own pitches. Decide the length of time for each game but allow the children to organise the ball collectors for each game so everyone has a turn.

Record who won – three points for a win and one point for a draw.

Application and practice:

The children aim to demonstrate all the skills they have learned in a game situation and play fairly.

Reflect and review:

Ask:

- *What did you enjoy about the tournament?*
- *What changes could we make to improve it?*

Support

Allow more bounces.

Extend

Use a bigger playing area.

