
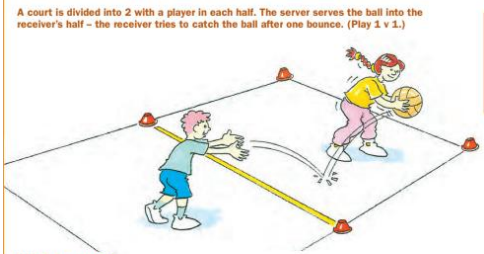
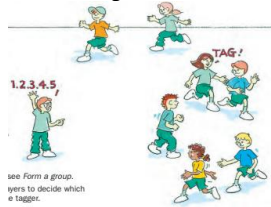
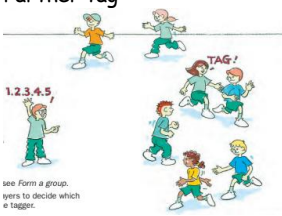

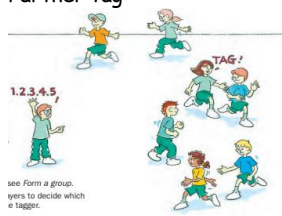






Net and Wall

<p>Year R</p> <ul style="list-style-type: none">• To be able to identify a space that they can move into safely.• To be able to identify a space that they can move an object into safely.• To be able to aim an object at a target area.• To be able to throw towards the target.• To be able to prepare hands ready to catch the ball.• To be able to move hands towards ball and attempt to catch it.• To understand the importance of why we need• to warm up are bodies before exercise.	<p>Year 1</p> <ul style="list-style-type: none">• To be able to identify a space and move into it safety and be able to explain why it is a safe space.• To be able to identify a space that they can move an object into, using some amount of force.• To be able to aim an object at a target area and judge the amount of force needed.• To be able to throw towards the target accurately and with correct amount of force.• To be able to prepare hands ready to catch the ball.• To be able to move hands towards ball and attempt to catch it.• To be able to close hand at correct time to catch the ball.• To understand the importance of why we need to warm up our bodies before exercise and what happens to our body when we are warming up.	<p>Year 2</p> <ul style="list-style-type: none">• To be able to identify a space and move into it at speed safely and be able to explain why it is a safe space and how they took the shortest route.• To be able to identify a space that they can move an object into using appropriate force.• To be able to aim an object at a target area and judge the amount of force needed.• To be able to throw and strike towards the target accurately and with appropriate force.• To be able to prepare hands ready to catch or strike the ball.• To be able to move hands towards ball and at to catch it.• To be able to close hand at correct time to catch the ball.• To understand the importance of why we need to warm up our bodies before exercise and what happens to our body when we are warming up. <p>Oracy - Listening and responding - Understand and respond to complex 3 step instructions.</p>
--	---	--

Year 2				
Key skill	Warm up	Main Activity	Equipment	Cool down
<p>Lesson 1</p> <ul style="list-style-type: none"> To be able to identify a space and move into it at speed safely and be able to explain why it is a safe space and how they took the shortest route. To be able to identify a space that they can move an object into using appropriate force. To be able to aim an object at a target area and judge the amount of force needed. To be able to throw and strike towards the target accurately and with appropriate force. To be able to prepare hands ready to catch or strike the ball. To be able to move hands towards ball and act to catch it. To be able to close hand at correct time to catch the ball. To understand the importance of why we need to warm up our bodies before exercise and what happens to our body when we are warming up. 	<p>Partner tag</p>  <p>Explain to children why we have to warm-up our bodies. (Get heart pumping, warm up muscles)</p> <p>Players are paired off. On a signal, one player, the tagger, tries to tag the other player. At the same time, all the other pairs are doing the same thing - taggers are trying to tag their partners.</p> <p>What to do Form pairs. Allow the players to decide which partner is the tagger.</p> <p>Play The tagger counts to 5 to give the other player time to get away. If space is restricted, or on the first occasion, restrict movement to a fast shuffle (2 feet on the ground or pretty close to it). When a person is tagged, roles swap - don't forget</p>	<p>Recap of skills from last year. See below.</p> <p>Teaching points Underarm strike - Look at target, ball should be pointing towards the target in non-hitting hand, bring arm straight back and forward striking the ball. Children either have feet together or opposite foot from throwing hand forward. When finished the striking hand should end up pointing towards the target.</p> <p>Catching skill - Move towards object to allow successful catch/strike. When catching children should have their hands out in front of them with thumbs touching to create a basket. Track and move hands towards object in order to catch it. Children to close hands around object and pull towards their chest to ensure catch. Children to catch with most appropriate method depending on height of object.</p> <p>2 bounce</p>  <p>A court is divided into 2 with a player in each half. The server serves the ball into the receiver's half - the receiver tries to catch the ball after one bounce. (Play 1 v 1.)</p> <p>What you need</p> <ul style="list-style-type: none"> One volleyball or similar per pair A court surface that allows the ball to bounce 6 markers per court <p>PLAYING</p> <ul style="list-style-type: none"> The ball must cross the line above waist height. <p>Children split into pairs and placed into a small grid/ court. Take it in turns to underarm throw the ball into each other's half of the court. Partner to try and catch the ball before it bounces twice. If player fails to catch the ball before the ball bounces twice the other player gets a point (like tennis).</p> <p>Extend by changing the ball to a tennis ball.</p> <p>Higher achieving children could be challenged further by a small throw of the ball upwards to hit on the volley (like a serve in tennis).</p>	<p>20 colour cones 15 tennis balls 4 benches 60 cones 15 coloured balls</p>	<p>Partner tag</p>  <p>Repeat warm up at walking pace to encourage cool down.</p>

	the count to 5.			
<p>Lesson 2</p> <ul style="list-style-type: none"> • To be able to identify a space and move into it at speed safely and be able to explain why it is a safe space and how they took the shortest route. • To be able to identify a space that they can move an object into using appropriate force. • To be able to aim an object at a target area and judge the amount of force needed. • To be able to throw and strike towards the target accurately and with appropriate force. • To be able to prepare hands ready to catch or strike the ball. • To be able to move hands towards ball and at to catch it. • To be able to close hand at correct time to catch the ball. • To understand the importance of why we need to warm up our bodies before exercise and what happens to our body when we are warming up. 	<p>Partner tag</p>  <p>Recap from lesson 1</p>	<p>Skills lesson</p> <p>Teach children how to hold a tennis racket. Children to place tennis racket on the floor and lift it up with one hand finding their natural grip.</p> <p>Children to place tennis ball on to the triangle gap which is just above the handle of the racket. They then need to try and jump the tennis ball from the gap onto the strings of the racket.</p> <p>Children to then progress to moving the ball around the edge of the tennis racket without it falling off.</p> <p>Children to then try to walk around the hall with the tennis ball balanced on the strings of the racket.</p> <p>Children to place ball on the strings and keep it on their whilst bouncing the ball.</p> 	<p>30 tennis rackets 30 tennis balls</p>	<p>Partner tag</p>  <p>Recap from lesson 1</p>
<p>Lesson 3</p> <ul style="list-style-type: none"> • To be able to identify a space and move into it at speed safely and be able to explain why it is a safe space and how they took the shortest route. • To be able to identify a 	<p>All-in tag Everyone tries to tag everyone else! Players who are tagged continue to tag others from a crouch position.</p>	<p>Teaching points</p> <p>Holding racket - How to hold a tennis racket. Children to place tennis racket on the floor and lift it up with one hand finding their natural grip.</p> <p>Striking ball with a tennis racket - Children to place head of racket onto the floor in front of the ball. Lift arm up to push the ball along the floor.</p>	<p>30 tennis rackets 30 tennis balls 60 cones</p>	<p>All-in tag Everyone tries to tag everyone else! Players who are tagged continue to tag others from a crouch position.</p>

<p>space that they can move an object into using appropriate force.</p> <ul style="list-style-type: none"> • To be able to aim an object at a target area and judge the amount of force needed. • To be able to throw and strike towards the target accurately and with appropriate force. • To be able to prepare hands ready to catch or strike the ball. • To be able to move hands towards ball and at to catch it. • To be able to close hand at correct time to catch the ball. • To understand the importance of why we need to warm up our bodies before exercise and what happens to our body when we are warming up. 	 <p>What to do</p> <p>Shuffle tag. (Children have to shuffle). Establish a playing area using cones. Start with one tagger. Each child that gets tagged then becomes an additional tagger.</p> <p>Teaching tips (A player with limited mobility may have to be tagged twice). Change It Walk, shuffle, skip, jump...</p>	<p>Floor tennis Split children into pairs. Children to face each other and take 4 steps back creating the correct distance between them. Children to try and pass the ball to each other along the floor.</p> <p>Extend children by putting a cone on either side of the children. Children to then try and push the ball through the gate (2 cones) and will get a point for every time they are successful.</p>		 <p>What to do</p> <p>Same game but walking pace.</p>
<p>Lesson 4</p> <ul style="list-style-type: none"> • To be able to identify a space and move into it at speed safely and be able to explain why it is a safe space and how they took the shortest route. • To be able to identify a space that they can move an object into using appropriate force. • To be able to aim an object at a target area and judge the amount of force needed. • To be able to throw and strike towards the target accurately and with appropriate force. • To be able to prepare 	<p>All-in tag Everyone tries to tag everyone else! Players who are tagged continue to tag others from a crouch position.</p>  <p>What to do</p> <p>Recap previous lesson but skipping instead of shuffling.</p>	<p>Teaching points</p> <p>Holding racket - How to hold a tennis racket. Children to place tennis racket on the floor and lift it up with one hand finding their natural grip.</p> <p>Striking ball with a tennis racket - Children to place head of racket onto the floor in front of the ball. Lift arm up to push the ball along the floor.</p> <p>Floor tennis Split children into pairs. Children to face each other and take 4 steps back creating the correct distance between them. Children make a gate by putting a cone on either side of themselves. Children to then try and push the ball through the gate (2 cones) and will get a point for every time they are successful.</p> <p>Extend this by changing gate so it is a smaller. One cone and target is to hit it.</p>	<p>30 tennis rackets 30 tennis balls 60 cones</p>	<p>All-in tag Everyone tries to tag everyone else! Players who are tagged continue to tag others from a crouch position.</p>  <p>What to do</p> <p>Recap previous lesson but slow jumps instead of walking.</p>

<p>hands ready to catch or strike the ball.</p> <ul style="list-style-type: none"> • To be able to move hands towards ball and at to catch it. • To be able to close hand at correct time to catch the ball. • To understand the importance of why we need to warm up our bodies before exercise and what happens to our body when we are warming up. 		<p>Children can begin to rally after this. They can strike it straight back without stopping it first.</p>		
<p>Lesson 5</p> <ul style="list-style-type: none"> • To be able to identify a space and move into it at speed safely and be able to explain why it is a safe space and how they took the shortest route. • To be able to identify a space that they can move an object into using appropriate force. • To be able to aim an object at a target area and judge the amount of force needed. • To be able to throw and strike towards the target accurately and with appropriate force. • To be able to prepare hands ready to catch or strike the ball. • To be able to move hands towards ball and at to catch it. • To be able to close hand at correct time to catch the ball. • To understand the importance of why we need to warm up our bodies before exercise 	<p>Statue tag - running pace</p> <p>If in hall - have 3 taggers and play as a class. When tagger tags a player they turn into a statue with their hands out. If anybody touches a statue then they become a statue.</p> <p>If outside - Split class into 3 groups of 10 in a coned area. 1 tagger to start per group of 10.</p>	<p><u>Teaching points</u></p> <p>Underarm strike - Look at target, ball should be pointing towards the target in non-hitting hand, bring arm straight back and forward striking the ball. Children either have feet together or opposite foot from throwing hand forward. When finished the striking hand should end up pointing towards the target.</p> <p>Catching skill - Move towards object to allow successful catch/strike. When catching children should have their hands out in front of them with thumbs touching to create a basket. Track and move hands towards object in order to catch it. Children to close hands around object and pull towards their chest to ensure catch. Children to catch with most appropriate method depending on height of object.</p> <p>Holding racket - How to hold a tennis racket. Children to place tennis racket on the floor and lift it with one hand finding their natural grip.</p> <p>Striking ball with a tennis racket - Children to place head of racket onto the floor in front of the ball. Lift arm up to push the ball along the floor.</p> <p><u>Catch tennis</u></p> <p>Split children into pairs and children to face each other and take 4 steps back to create correct distance between them. Child with racket to hold it to the side of them. Other child to have a ball and underarm throw it to the child with the racket. Child with racket to tracks the ball onto the strings and pushes it back to their partner. Once ball is struck, their partner attempts to</p>	<p>30 tennis rackets 30 tennis balls</p>	<p>Statue tag - walking pace</p> <p>Same as warm up just slower pace to promote cool down.</p>

<p>and what happens to our body when we are warming up.</p>		<p>catch the ball. Make sure both partners have a go at hitting and throwing.</p> <p>Extend increase the distance apart and have the ball bounce before the child with the racket strike the ball. Support the thrower by placing a hoop on the floor as a target just in front of the racket.</p>		
<p>Lesson 6</p> <ul style="list-style-type: none"> • To be able to identify a space and move into it at speed safely and be able to explain why it is a safe space and how they took the shortest route. • To be able to identify a space that they can move an object into using appropriate force. • To be able to aim an object at a target area and judge the amount of force needed. • To be able to throw and strike towards the target accurately and with appropriate force. • To be able to prepare hands ready to catch or strike the ball. • To be able to move hands towards ball and at to catch it. • To be able to close hand at correct time to catch the ball. • To understand the importance of why we need to warm up our bodies before exercise and what happens to our body when we are warming up. 	<p>Statue tag - skipping pace</p> <p>If in hall - have 3 taggers and play as a class. When tagger tags a player they turn into a statue with their hands out. If anybody touches a statue then they become a statue.</p> <p>If outside - Split class into 3 groups of 10 in a coned area. 1 tagger to start per group of 10.</p>	<p><u>Teaching points</u></p> <p>Underarm strike - Look at target, ball should be pointing towards the target in non-hitting hand, bring arm straight back and forward striking the ball. Children either have feet together or opposite foot from throwing hand forward. When finished the striking hand should end up pointing towards the target.</p> <p>Catching skill - Move towards object to allow successful catch/strike. When catching children should have their hands out in front of them with thumbs touching to create a basket. Track and move hands towards object in order to catch it. Children to close hands around object and pull towards their chest to ensure catch. Children to catch with most appropriate method depending on height of object.</p> <p>Holding racket - How to hold a tennis racket. Children to place tennis racket on the floor and lift it up with one hand finding their natural grip.</p> <p>Striking ball with a tennis racket - Children to place head of racket onto the floor in front of the ball. Lift arm up to push the ball along the floor.</p> <p><u>Kings and Queens</u></p> <p>Children in groups of 10. Children go to pre-made tennis court with net. 9 children stand on one side of the court in 3 rows of 3. Other child stands on the other side of the net with a tennis ball and racket (they are the king/queen). King/ queen strikes the ball over the net. Whoever catches the ball takes the king/ queens place. If the ball bounces once and caught one handed you can swap places with king/queen. If the ball bounces twice the king/ queen gets to stay in another turn. If they miss the caught, whoever retrieves the ball goes in.</p>	<p>3 tennis balls 3 rackets 2 nets 10 cones</p>	<p>Statue tag - slow jumping.</p> <p>Same as warm up just slower pace to promote cool down.</p>