

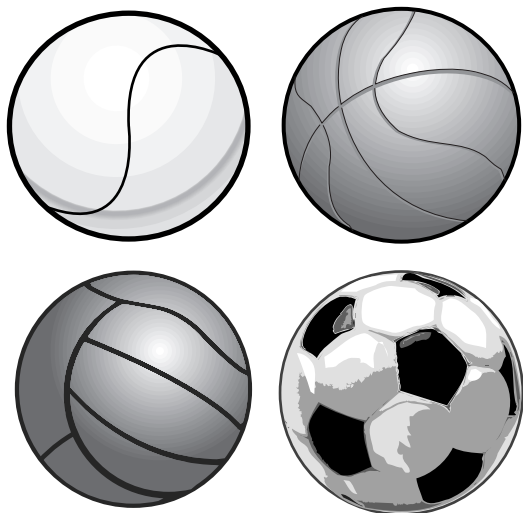
5-14 Expressive Arts

PHYSICAL EDUCATION



Games

Level B



Activity Games – Ball Skills

Level B

Lesson 1: Ball familiarity, various sizes 3, 4 & 5.

Warm-up	<ol style="list-style-type: none">1 Free running. Stop on command. Freeze! Free skipping.2 Stretching exercises (see list).
Focus	<p>Divide class into three groups. Using size 3, 4, 5 Wembley balls or similar.</p> <p>Group 1: Large ball each in one third of the netball court.</p> <p>Group 2: Medium ball each in one third of the netball court.</p> <p>Group 3: Small ball each in one third of the netball court.</p> <p>Free Activity then introduce variety of ball-handling skills.</p> <p>Throw ball straight up and catch.</p> <p>Throw ball straight up and clap hands before catching.</p> <p>Throw ball straight up and let ball bounce before catching.</p> <p>Rotate groups.</p>
Conclusion	<p>Introduce game of Dodge Ball in each area, using medium sized ball for each group. One person with ball throws and tries to touch other players in own group and own area. Must touch below waist height – must stay in own area.</p> <p>Can run with ball – touched player sits out.</p> <p>Once the whole team is 'out', change person with ball.</p> <p>Cool down.</p>

Activity Games – Ball Skills

Level B
Lesson 2: Ball skills, various sizes 3, 4 & 5

- Warm-up**
- 1 Free running. Stop on command, change of direction.
 - 2 Running/skipping/running on command.
 - 3 Stretching exercises.

Focus

Divide class into three groups.

Group 1: Large ball in one third of netball court.
Group 2: Medium ball in one third of netball court.
Group 3: Small ball in one third of netball court.

Revise practices from Lesson 1.

Add some new practices:

- 1 Throw ball straight up, touch floor, and catch.
- 2 Throw ball straight up as high as possible and catch.
- 3 Throw ball straight up, turn round and catch.
- 4 Throw ball straight up, sit down and catch.

Rotate groups.

Conclusion

Continue with game of Dodge Ball in each area using medium ball, progress to thrower 'not' being allowed to move feet when holding ball.

When players have been touched below waist, they help thrower.

Bands may be used to identify players.

Cool down.

Activity Games – Ball Skills

Level B Lesson 3: Dribbling

- Warm-up**
- 1 Free running and stretching exercises. See 'warm up' list.
 - 2 Number Game – must form group of specific number called by teacher.

Focus Using size 5 Wembley ball (or similar) – ball each if possible.

In own space:

- 1 Bounce and catch with both hands, feet still.
- 2 Bounce as high as possible and catch.
- 3 Bounce, turn round and catch.
- 4 Bounce with one hand (push bouncing), e.g. 10 times.
- 5 Bounce with other hand, e.g. 10 times.
- 6 Bounce with alternate hands, e.g. 10 times.

Encourage strong use of fingers, flexible wrists and push ball into floor.

On the move. Take ball for a walk in and out of the spaces, along lines etc., (dribbling).

Conclusion Divide class into five or six teams. Place teams at end of gym behind a starting line. Place one hoop opposite each team on a finishing line. One ball per team.

- 1 First person, holding ball, runs to hoop and bounces ball five times in the hoop using both hands. Runs back to team and passes ball to next person, go to end of team.
 - 2 Repeat above using one hand to bounce ball.
 - 3 Repeat above using other hand to bounce ball.
- Place one skittle opposite each team on finishing line.
- 4 Dribble up and round skittle back to team and passes ball to next person.

Can introduce a points system.

Cool down.

Activity Games – Ball Skills

Level B Lesson 4: Passing

Warm-up

- 1 Free running and stretching exercises.
- 2 Catching tails – everyone has a band tucked into back of shorts. Try to catch as many tails as possible or work with one partner and only one person from each couple has a tail.

Focus

Using size 5 Wembley ball (or similar). Ball each if possible.

Ball familiarity:

- 1 Figure of eight, round legs, feet, waist.
- 2 Throw and catch to self using one hand, other hand, both hands.
- 3 Throw and clap hands before catching ball.
- 4 Roll ball, run after it, run round it pick it up.
- 5 Passing – one ball between two – short pass.
- 6 Chest pass – two hands – push with fingers – wrists ‘snap’ – hands behind the ball.

Conclusion

Divide class into three groups – one ball per group in own area.

Group 1: Divide into two smaller groups – 4 facing 4 in a straight line.



Using a chest pass, throw to partner, then run to end of his or her line.

Repeat using a bounce pass.

Group 2: Pig in the Middle – player in middle tries to intercept ball.

2 v. 1 – receiver has to move to a space.

Group 3: Dodge ball. Ball must be aimed to hit below waist.

Rotate groups.

Cool down.

Activity Games – Ball Skills

Level B
Lesson 5: Small games

Warm-up

- 1 Free running and stretching exercises.
- 2 Sudden change of direction. Jogging along top of gym and sprint down side.

Focus

Using size 5 Wembley ball – ball each if possible.

- 1 Revise ball familiarity skills.
Ball between two.
- 2 Revise chest pass and introduce bounce pass.
- 3 Revise dribbling, e.g. round partner, back to place, pass to partner.

Conclusion

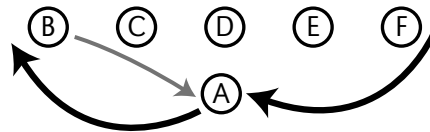
Divide class into three or four groups – one ball per group, in own area.

Group 1: Corner Spry. 'A' passes to 'B' who passes back to 'A'.

'A' repeats this all the way along the line.

When last person has returned ball, 'A' places ball on floor and runs to stand beside 'B'.

'F' runs picks up ball and practice is repeated using variety of passing.



Group 2: 3 v. 1 game of possession in set areas. Introduce simple rules, e.g. do not run with ball, no physical contact, no shouting. Thrower throws to unmarked person.

Group 3: Passing practice – 4 facing 4 (see Lesson 4).

Cool down.

Activity Games – Ball Skills

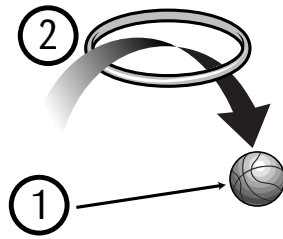
Level B Lesson 6: Shooting

- Warm-up**
- 1 Free running and stretching exercises.
 - 2 Tunnel Tig or any other variation of tig to encourage dodging and finding a space.

Focus

In twos, one ball between two

- 1 Revision of passing and dribbling.
- 2 Using one ball and one hoop.



No. 2 holds hoop high horizontally (can vary height).

No. 1 passes ball through hoop then collects ball. Change places frequently.

N.B. Shooting – try to shoot with hand held high above head, bend knees, elbow facing netball ring. Good push up.

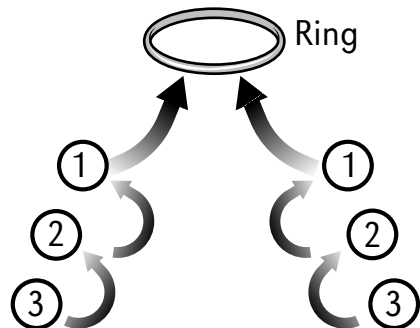
Conclusion

Divide class into three groups and set up shooting areas. Two balls per group.

Group 1: Each person in turn runs out and shoots for a goal – have points system, e.g. one point to hit the ring, two points for a goal.

Group 2: Ball starts at No.3 – on signal, pass ball to No.2 and onto No.1 who shoots. Whether or not a goal is scored, player collects ball and runs to end of line to start passing.

Group 3: No.1 passes ball to partner (as above formation) who shoots and then goes to end of own line. Repeat with No. 2 and No. 3. Repeat whole sequence with other partner shooting.



Cool down.

Activity **Games: stick/racket skills**

Level **B** Lesson **1: Hockey skills – grip on stick**

Warm-up Run freely. Teacher shouts number, e.g. 2 – everyone into twos. Teacher shouts 3, everyone into threes. Numbers 2–5 at random.

Focus In twos – one stick between two.

- 1 Lay stick on floor with flat side down. Top of stick is nearer feet and head of stick is pointing away. Place left hand flat on top of stick and right hand $\frac{1}{3}$ of the way down. Lift. Pretend to dribble round spaces. Change with partner.
- 2 Repeat with bean bag. Small taps. Use only flat side or one side of stick. Change with partner.
- 3 Dribble – on command, stop bean bag by turning flat side of stick onto bean bag.
- 4 Hoops placed at random on floor. One partner dribbles in and out of hoops with partner following. On whistle, pick up bean bag and jump with partner into a hoop.

Conclusion Divide class into teams. One stick and one bean bag per team.

- 1 Relay races.
First person dribbles across to opposite line. Stop bean bag on line and run back to end of team.
Next person runs to bean bag and dribbles it back to team.
Repeat till all team has had a turn.
- 2 Dribble – shuttle relay.
Dribble to other side, leave bean bag and run to end of that line.
Count number of runs in one minute.
Repeat, trying to beat your last score.

Cool down.

Activity Games: stick/racket skills

Level B Lesson 2: Hockey skills – dribbling

Warm-up

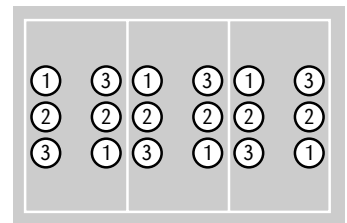
- 1 Jogging and stretching. In pairs, No.'s 1 and 2. Run with partner, when teacher calls No. 1, that child stands with legs apart and No. 2 crawls through their legs.
- 2 Repeat with No. 2.

Focus

- In twos. One stick and one ball between two.
- 1 One partner stands still in space, while other partner dribbles in and out of spaces as Lesson 1, this time using a ball.
Check grip. Only use flat side of stick.
Keep ball as close to stick as possible. Change with partner.
 - 2 Partner 'A' standing in a space as above. Partner 'B' dribbles in and out of spaces.
On whistle, stop ball by turning stick over on top of the ball.
Partner 'A' then runs to collect stick and ball from partner 'B' and dribbles off.
 - 3 'A' dribbling freely, 'B' following behind.
On whistle 'A' stops ball, stands with feet apart, and 'B' crawls through legs, taking stick and ball, dribbles off.

Conclusion

- Divide class into teams.
- 1 **Relay Race.**
Place one hoop opposite team, five metres away.
One stick and one ball per team.
First person dribbles to hoop, places stick and ball down gently, jumps into hoop, lifts it over their head then dribbles back and gives stick and ball to next person.
 - 2 Divide gym into three.
Line children up and number them.
Two sticks and two balls for each group. When number is called, run in to pick up stick, dribble ball and stop ball on line.
One point for winners.



Cool down.

Activity **Games: stick/racket skills**

Level B
Lesson 3: Hockey skills – push pass

Warm-up

- 1 Jogging and stretching.
- 2 One stick between two. One partner dribbling. Other partner running behind. Change on whistle.

Focus

- 1 One partner with ball, one partner with stick.
Roll ball to partner who stops it with stick.
To stop ball, stand behind line of ball, bend knees and trap ball with stick. Hands in dribbling position.
- 2 Place four benches, turned on side, the length of gym. First person in each team pushes ball against bench and stops the rebounding ball as above. Repeat three times, then give stick to partner.
- 3 **Push Pass.**
Hands in dribbling position, left foot forward, feet wide, ball level with front (left) foot. Stick touching ball, push ball using lower hand. No back swing. Remember to stop ball before pushing again.

Conclusion

Divide class into teams of four or five.
Using two skittles for goals. Dribble half way then push to score (finish with stick pointing to goal).
Collect ball and give to next person.
Goal is not allowed if stick is raised above waist. How many goals in two minutes?

Cool down.

Activity Games: stick/racket skills

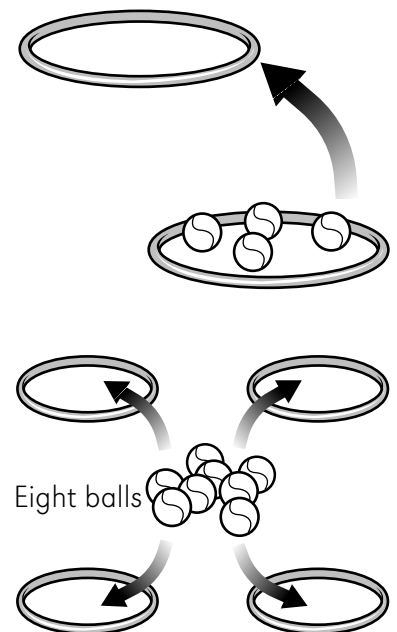
Level B Lesson 4: Racket skills – striking

- Warm-up**
- 1 Jogging and stretching.
 - 2 Jogging freely, touching floor with different body parts as directed by teacher, e.g. run, touch floor with back, touch floor with shoulder, etc.

- Focus**
- 1 One ball and one bat each if possible. Holding bat shake hands with handle. Then hold ball on bat and go for a walk.
 - 2 Same as above but this time walking in and out of hoops scattered on floor. On command hold ball in hand and jump into nearest hoop.
 - 3 Stand with partner in space. Bat each, one ball. Place ball on bat and roll on to partner's bat. How many times can you do this without ball falling?
 - 4 Hit ball up, let it bounce once, hit it up again.

Conclusion Divide class into teams. Four or five in each team.

- 1 **Carting the eggs.** Two hoops per team. Teams line up. No. 1 puts one ball on bat and carries it to the other hoop, then runs to end of own line. When all balls are transferred, then game can either finish or continue by bringing balls back as before, to original hoop. If ball falls off bat, continue from where it fell.
- 2 **Steal the ball.** Aim is to get as many balls into your own hoop in 30 secs. No. 1 plays first, rest of team sit. On command all No. 1's go for ball, carry it back on bat with one hand behind back and place it in own hoop (balls can be stolen, one at a time, from any hoop.) Repeat with each team member.



Cool down.

Activity **Games: Stick/racket skills**

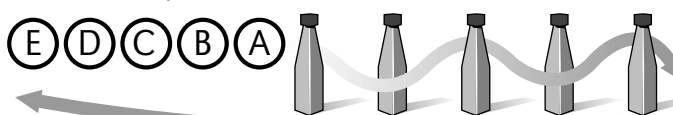
Level B Lesson 5: Racket skills – striking

- Warm-up**
- 1 Jogging and stretching.
 - 2 Whistle signals, i.e. one whistle, jump; two whistles, touch floor with both hands, etc.

- Focus**
- 1 Pat bouncing with hand. Firm wrist, flat hand, striking action. Repeat with other hand.
 - 2 Progress to using bat.
 - 3 Revise hitting up practice from Lesson 4.
 - 4 Keepie uppie. One ball and one bat each. Make sure children have plenty of space. See how many consecutive bounces you can make.

Conclusion Divide class into four or five teams. Using skittles, hoops, bats and balls.

- 1 Walk in and out of skittles balancing ball on bat (i.e. slalom) and run back to place.



- 2 Add hoop at end of slalom. Slalom to hoop as before, pat bounce ball in hoop three times and run back to place.
- 3 Slalom as before, hit ball up, let it bounce once in hoop, catch and run back to place.

Variations to get back to place, e.g. crawling on hands and knees, jumping feet together, feet apart, etc.

Cool down.

Activity Games: Stick/racket skills

Level B Lesson 6: Racket skills –striking

Warm-up

- 1 Jogging and stretching.
- 2 Tunnel Tig (when child is touched, must freeze, legs apart until freed by another child crawling through legs).

Focus

- 1 Racket dribble.
Divide class into two groups. One bat and ball per child.
First signal: children either pat bounce or keepie uppie. On losing the ball (i.e. ball rolls away) child then pat bounces ball with hand, on losing ball again, kneel or sit to pat bounce.
Second signal: top game. Count how many racket players left in each group. One point for winning team.
- 2 Underarm feed – one ball between two. One ‘feeds’ ball to partner who catches ball before it bounces.
- 3 Progression – feed and strike. 1 ‘feeds’ ball to partner’s racket – 2 taps ball back. 1 attempts to catch ball in two hands. One point awarded if successful.

Conclusion

Target Ball.

Teams with 1 feeder, 1 hoop, 1 bucket and balls.

Feeder – underarm feed to first player who strikes ball to bucket. First player then hands racket to next player and joins the end of the line. (If the player misses the bucket they must retrieve the ball and then join the end of the line). Team with most number of balls in the bucket is the winner.

(A) Feeder

Bucket



(1) (2) (3) (4) (5)

Cool down.

Activity Summer Games

Level B
Lesson 1

Warm-up

- 1 Jogging and stretching.
- 2 Game of Tails. Everyone has a tail (band tucked down back of shorts). Try to catch as many tails as you can, while guarding your own at the same time. (No holding on to your own tail).

Focus

Line up in the gym or playground with one ball each.

- 1 Roll ball across, then chase after it to pick it up.
- 2 Roll ball across, run past ball, turn round then pick it up.
- 3 In pairs – Roll ball across, partner chases it, runs in front of ball, then rolls it back to partner. Change round and repeat.
- 4 Partner who chases ball, turns back to partner then rolls ball through their legs for partner to catch.

Conclusion

Split class into teams of 4 or 5 children. One ball for each team. Each team stands in a straight line, one behind the other with legs apart. Last person in each line crouches down and is ready to catch ball which will be rolled between the legs through the tunnel. Last person then runs with ball to the front of the line to repeat. Keep going until leader is back at the beginning.

Cool down.

Activity Summer Games

Level B
Lesson 2

- Warm-up**
- 1 Jogging and stretching.
 - 2 Game of Tunnel Tig. Three chasers. Class jogs in and out of spaces. When caught, they must stand with feet apart until they are 'freed' by someone crawling through legs.

- Focus**
- In pairs – one small ball between two. Line up down side of gym.
- 1 Throw ball underarm to partner who catches.
 - 2 Repeat but catch after bounce.
 - 3 Stand behind partner. One throws ball underarm across gym. Partner catches it after one bounce then rolls it back to partner. Change over. (Throw ball gently.)

- Conclusion**
- Divide class into three group, one group for each $\frac{1}{3}$ rd of the court. Teams of 4 – 6 players. Appoint a leader for each team. (If class is large – 2 teams in each group.)
- 1 One team from each group jogs into own area. On 'STOP' leaders stand still and rest of team lines up behind in STRAIGHT line. Which team is first? Change leaders and repeat.
 - 2 Repeat, but on 'STOP', throw a ball into each area. Whoever catches the ball is the leader for everyone to line up behind. (This is still a race but emphasise no disputes over who catches the ball. No contact and stay on feet).
 - 3 Repeat but when everyone lines up behind leader, make a tunnel with feet and roll ball through for last person to catch.

Coaching Points.

Everyone should make a wide tunnel.

If the ball hits off a player's legs and goes out of the tunnel, then that player goes to retrieve it. Leader must not roll ball too soon. He must be aware of his team and when they are ready. Last person crouches down to catch the ball.

No hanging back to be the last player, or rough play to be the leader. This is a TEAM effort and every place in the line is equally important.

Cool down.

Activity Summer Games

Level B
Lesson 3

Warm-up

- 1 Jogging and stretching.
- 2 Partner Tunnel Tig. Jog anywhere. On 'ONE' partner Number 1 stands still, making tunnel with legs for partner Number 2 to crawl through. Both are then free to jog again. Repeat by calling Number 2. Partner 2 now makes tunnel for Partner 1 to crawl through.

Focus

In pairs – one small ball between two.

- 1 Throw underarm for partner to catch.
- 2 Throw, one bounce, then catch.
- 3 Overarm throw for partner to catch.

Conclusion

Tunnel Rounders.

Divide class into teams of 4 – 6 players. One team bats, one team fields, the other teams rest. Rotate teams. Games are quick so rests are short.

Fielding Team. Whoever catches the ball stands still while the others line up behind in straight line making a tunnel with legs. Roll ball through legs to last person. Ball must go through all the legs.

Batting Team. First person stands on given mark. Child throws the ball anywhere in the gym and then runs round the outside of 4 skittles which are placed in square shape round the gym. He must reach skittle 4 before the fielding team has the ball at the end of the tunnel.

One point if they succeed. Each person in batting team has one turn to bat.

Count points and rotate teams.

Cool down.

Activity Summer Games

Level B
Lesson 4

- Warm-up**
- 1 Jogging and stretching.
 - 2 Groups of 4, leader per group. Jog on own. On 'STOP', leaders stand still. Rest of team run to leader, crawl through legs from front to back. After crawling through, stand up and add to tunnel.

Focus

In pairs – one small ball between two.

Revision of batting with hand. Use writing hand. Hold ball in front of body with other hand. Stand sideways onto partner, take writing hand back, swing forward and hit ball.

Partner retrieves ball on command. Repeat with other partner.

Conclusion

Tunnel Rounders.

Batting team has to bat ball with one hand this time.

If necessary, alter size of teams and/or spacing of skittles to suit ability of the class.

Cool down.

Activity **Summer Games**

Level B
Lesson 5

Warm-up Jogging and stretching.
Tig on all fours. Three or four catchers. When caught, stand and make tunnel with feet (like Tunnel Tig).

Focus One ball between two.
'A' throws underarm to 'B', who bats with hand back to 'A'. Ball does not bounce.
Change over.
Repeat allowing ball to bounce once before batting it back.
(Bowler must bowl gently, trying to bounce the ball in front of batter.).

Conclusion Tunnel Rounders as before.
Teacher bowls or choose a skilful child from the fielding team.

Cool down.

Activity Summer Games

Level B
Lesson 6

Warm-up Jogging and stretching.
Game of Elephant Tig. Three or four catchers each making an elephant's trunk by pinching their nose with one hand, and putting other arm through the space. The catchers must tig with the 'trunk' and become an elephant catcher too. Finish when whole class are elephants.

Focus One ball between two.
One partner bowls underarm, other partner bats back with the hand.
Change over.
Bowl gently allowing the ball to bounce once in front of partner.

Conclusion Tunnel Rounders.
Teacher bowls or skilful bowler from each fielding team.

Cool down.