**Physical Education Cover**

**Monday 18th March**

**Lesson aim**: In preparation for our next unit – Net Games – reinforcing hand-eye coordination, object tracking and space awareness through games.

Years 3-5

**Warm-up**

**Sequence tag –** *coordination, decision making.*

* Select 3 catchers
* If tagged students need to freeze on the spot with their hands on their head.
* Students who are still free, can help the tagged players by showing them a 4 move sequence (e.g clap hands, jump, tap nose, turn around) the tagged player much watch the full sequence, then repeat back in the correct order to be freed.
* The catchers cannot tag a player who is helping free another student.

**Skill development**

* Students need a tennis ball each.
* **Bounce and catch** – call out different types of travel i.e. skip, side step, hop, jump, walk backwards, run – students need to travel this way whilst bouncing the ball off the floor and catching (with one or two hands)

***\*Add instruction – if you blow whistle (or call swap) students need to swap their ball with someone else – discuss various ways they could do this (i.e. roll, throw, hand over, bounce pass)***

* **Throw and catch** – same as before, calling out various ways to travel – but students throw the ball in the air and catch (1 hand or two) as they travel.

\****encourage looking ahead and keeping eyes on the space as well as the ball. Encourage them to move around the hall in different directions and not just in a circle.***

**Pair throwing and catching –** Ask students to pair up, put one ball away and collect one tall cone.

Pairs stand facing each other, small gap to start-

1 player has the ball, the other is holding the cone, upside down.

To score 1 point, they need to throw the ball and partner catches it inside the cone

Increase difficulty by increasing the gap

Challenge – let it bounce first before the catch – *encourages movement anticipation.*

Change roles so both pairs throw and catch.

**Game**

**Islands –**

* Ask the partner with the ball to collect a spot, place it anywhere around the hall and stand on it.
* The partner with the cone has to find a space, anywhere around the hall and stay in that space.
* The player with the ball has to try and score as many points as they can by running around the hall, throwing their ball to a player with a cone. If the player catches their ball, they win a point. The ball is returned to them and they can continue on to the next.
* Players need to keep their score, adding each point together
* The players with the cone just stay in their space and catch balls for any player who makes a throw.
* Swap over jobs with partner. The new player with the ball has to try and beat their partners score.

**Progression** – Make 3 players catchers – give a bib each.

When players are off of a spot ‘Island’ – they are at risk of being caught.

To score a point – they cannot be on an island – they must run to a space, throw the ball to a cone player, get the ball back and return to an island safely.

If a player is mid scoring and they get caught, they lose 1 point.

Again, trying to score as many points as possible but avoid getting tagged too.

Catchers get 1 point for every tag they make.