# Physical Education Lesson Plan

## Fundamental Skill (ABC's)
- Balance
- Coordination

## Sporting Promise Skill

### Individual demonstrations that students can **copy**
Demonstration of target making with hands

### Main Content
- Each student has a ball – move around hall throw and catch your own ball
- Progression: number 1 = walk and catch, 2 = jog and catch, 3 = side step and catch
- Progression: dictate type of catch; bounce and catch, one handed?
- Use gates for competitions. Demonstrate and get students to **COPY** and **DESCRIBE** technique as they move round

### Multi Skills - Catching and stopping the ball

<table>
<thead>
<tr>
<th>More Accessible</th>
<th>Main Content</th>
<th>More Challenging</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm up</td>
<td>Throw higher, use one hand, create own versions</td>
<td></td>
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</tbody>
</table>

## Skill Development

### Activity 1:
Half of group on outside without a ball, stood in gates with a ball – students must visit people in the gates
- Roll, low catch, bounce catch
- Progression: 1 point for each successful catch (for outside and inside people) (Students **APPLY** and **ANALYSE**)

### Activity 2:
Groups of 5 – pass in number order, must keep feet still when they have the ball, move around when they do not have a ball. (**APPLY** and **ANALYSE**)

### Activity 3:
4 v 1 end ball – one defender rolls ball down to 4 attackers the attackers try to place it on scoring line, change defender after each go. Students try to **CREATE** opportunities in which to score, **EVALUATE** and adapt performance

## Differentiation

### Space – alter size of throwing square in sequence activity

### Task – self differentiated – open activities

### Equipment – different sized balls/use of bean bags

### People – self differentiated tasks, equal ability groups for sequencing
**Plenary**

Ask students to **describe** actions

**Key questions:** *(Describe, Analyse, Evaluate)*
- Describe what you must do with your hands? (describe)
- What is the first thing I must do in order to stop a ball? (Describe)
- Why do I need to keep it infront of me? (Analyse)
- To be successful in the game what did I have to change about my performance? (Evaluate)
- What effect does this have?

<table>
<thead>
<tr>
<th>Success criteria</th>
<th>Learning Objective</th>
<th>Cross Curricular Links</th>
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</thead>
<tbody>
<tr>
<td><strong>I can.......</strong></td>
<td>To be able to catch a ball and apply under pressure and use within small sided games</td>
<td>Maths – scoring systems</td>
</tr>
<tr>
<td>• I get in line with the ball first</td>
<td><strong>Emerging</strong> <em>(Copy and Describe)</em></td>
<td>Students can <strong>Copy</strong> elements of the technique for catching when working by themselves and when self-pacing</td>
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<tr>
<td>• I keep the ball in front of me</td>
<td><strong>Established</strong> <em>(Apply and analyse)</em></td>
<td>Can <strong>apply</strong> the technique into small pressure situations with others</td>
</tr>
<tr>
<td>• I use large surface areas to stop the ball</td>
<td><strong>Embedded</strong> <em>(Create and evaluate)</em></td>
<td>Are able to use correct technique and use it in different situations they <strong>evaluate</strong> their technique and make changes</td>
</tr>
<tr>
<td>• I make a target for the ball</td>
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<tr>
<td>• I throw towards target hands</td>
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<tr>
<td>• In game situations I adjust speeds and use feints to outwit defenders.</td>
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<tr>
<td>• I move to good positions</td>
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