

Nursery PE Lesson 2

Rolling, Throwing and Catching

RESOURCES- Beanbags, small balls, cones, large balls

MAIN SKILLS - Rolling, Catching, Picking Up

SUB SKILLS- Bending, Walking, Running Listening

EYFS OUTCOMES:

- e.g. Can catch a large ball. Ball games.
- e.g. Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.
- e.g. Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.

ACTIVITY 1 - WARM UP – THE SNOW IS FALLING (BASIC MOTOR SKILLS)

Imagine the snow is falling; the children have to travel around **CATCHING** as much snow (air) with both hands and **ROLL** it to their pile before the snow melts and repeat action Then build a snow man.

ACTIVITY 2 - THE KNIGHTS (ROLLING/THROWING)

Each child (The knights) has a ball (different weight, sizes, and textures) and set out a large circle in the play area as the boundary. The children stand in a small circle in the large circle facing outwards. The Knights have to practice slowly **ROLLING** their ball (or **THROWING** their beanbags) and follow it to retrieve it before the ball reaches the boundary. Encourage the children to try to **ROLL** the ball (or **THROW** the beanbag) so it stops inside the boundary. Swap equipment with someone else to try a different ball or beanbag.

Differentiation

- HARDER - Make the play circle larger to make activity easier, or smaller to make it harder
- HARDER - Introduce red and green visual instructions (red to stop green to go)
- Place targets at a variety of distances to encourage challenges
- Start by practising rolling before gradually progressing to throwing
- Roll faster or slower
- Use balls for rolling, beanbags for throwing
- Use different size balls
- Small groups can be set up at different suitable targets

ACTIVITY 3 – TARGET THROWING (THROWING)

Make row of targets on the wall. Make a line (a short distance from the target to start with) using a rope or cones where children need to stand. Children have to **THROW** the ball as hard as they can at the target. The child retrieves the ball and returns to the line. Repeat the target **THROW**.

Differentiation

- HARDER - Move children closer to the target to make it easier, and further away
- EASIER - Use scrunched up paper balls, or bean bags with masking tape and throw into open space
- HARDER - Increase distance from target or decrease size of target

ACTIVITY 4 - CATCHING THE EGG (CATCHING/THROWING)

Have the children (Chickens) sit in a circle with the Farmer (leader) in the middle. One chicken starts off with an egg (large ball). Play some music and have the chicken passing the egg to each other in the circle. Once the music stops the chicken with the egg has to **THROW/ROLL** and **CATCH** 3 times with the Farmer in the middle.

Differentiation

- Use different size balls and heavier balls – use balloons
- HARDER - Have a child in the middle as the Farmer
- HARDER - Add more than one ball to pass around and have two people as leaders in the middle
- Make the circle bigger/smaller – stand closer/further
- Catch more or less than 3 times