**Year Group 2**

**Movement Skills – Lesson 3**

**Learning outcomes**

Children will learn to vary speed, change direction and dodge their partner when playing simple games. Children will learn how to bounce and catch a ball with some accuracy and use this skill within a team game.

**Resources needed**

4 hoops, a large ball for each child, names of four places written on card for Park & Ride game.

**Lesson summary**

**Warm up**

Ask children to find a space and sit down. How do their bodies feel - are they cold, warm, hot? Is their heart beating slowly or quickly? Tell children that we are going to warm up our bodies by playing Park and ride. Explain that this game is an extension of Top Gear - the warm up activity used in previous two lessons. When a particular park and ride name is called children have to run to that section of the hall or playground to park and change cars. (See additional resources for rules.)

**Introductory Activity and Experimentation**

Ask children to experiment with some of the different ways of jumping that they used in the last lesson. Remind children how to play Shadows and let the children take turns to copy the actions of their partner (see additional resources). Encourage the leaders to vary their actions, speed and direction.

Explain to children that in some games we have to try to get away from our partners. Can the children tell the teacher any games they have played like this? Explain the rules for Lose my Shadow (see additional resources). Encourage children to be safe and in control of their actions. Help them to think of ways to lose their partner - e.g. jumping out of the way, changing speed, direction and dodging.

**Skill Building**

Give the children a few minutes to experiment with ways of moving a ball. Ask children to demonstrate and describe some of the ways they have used. Remind them about the importance of keeping their eyes on the ball, cupping hands around it and drawing it into their bodies when catching. Ask children why it is important to stay close to the ball (to keep it in control).

Choose a child to demonstrate bouncing the ball and tell children that this lesson we are concentrating on bouncing. Tell children that whenever a ball is bounced there is a 'magic moment'. Can they guess what this could be? Demonstrate the 'magic moment' by bouncing the ball and getting children to look for the moment when the ball begins to fall after moving upwards. Tell children you want them to try to catch the ball on this 'magic moment' and give them a few minutes to practice this. Ask children to experiment by dropping the ball, bouncing harder, bouncing the ball a little way in front of them so that they have to move to catch the ball. Whatever they do the aim is still to catch the ball on the 'magic moment'.

**Concluding Activity**

Divide children into four teams and play Hoop Relays (see additional resources). Remind children that they need to run in a straight line to their hoop. They need to hold the ball near to their bodies and not drop it when they are running. Why is it important to keep their eyes on the ball when bouncing it in the hoop?

**Cool Down**

Play the game of Tinker Tailor taught in the last lesson but today add two more actions (see additional resources).

At the end of the activity ask the children how their bodies have changed during the session. Did their heartbeat change etc.? Did children enjoy the session? Which activities did they enjoy most? Why is exercise good for us?