**Nursery PE Lesson 2 Rolling, Throwing and Catching**

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| RESOURCES – Beanbags, small balls, cones, large balls | MAIN SKILLS – Rolling, Catching, Picking Up SUB SKILLS – Bending, Walking, Running Listening |
| EYFS & LEARNING OUTCOMES:* Moves freely and with pleasure and confidence in a range of ways, runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles
* Can catch a large ball. Ball games.
* Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.
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| ADDITIONAL EYFS AREAS OF DEVELOPMENTPhysical Development: learning control over my bodyPSHE: learning about myselfExpressive Arts and Design: imaginationLanguage, Literacy and Communication: working in pairs, following instructions | **DISCUSSION POINTS**What are the different ways we can throw? (overarm, underarm, sideways, up, down, to others)What should we think of when we are throwing something to others?What do we need to do when catching a ball? (i.e. look at the ball, etc.) |
| WARM UP – THE SNOW IS FALLINGImagine 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. | Differentiation * HARDER – Speed up the movements
* HARDER – Do in slow motion
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| ACTIVITY 2 - THE KNIGHTSEach child (The knights) has a ball (different weight, sizes, and textures). 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* 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
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| ACTIVITY 3 – TARGET THROWINGMake 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 * EASIER – Children stand closer to the target to make it easier
* 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
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| ACTIVITY 4 - CATCHING THE EGGChildren (Chickens) sit in a circle with the Farmer (leader) in the middle. One chicken starts 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 weight of balls – use balloons
* HARDER - Have a child in the middle as the Farmer
* HARDER - Add more than one ball to pass around and two leaders
* Make the circle bigger/smaller – stand closer/further
* Catch more or less than 3 times
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| COOL DOWN – BODY BALLEach child to hold a ball and stand in a space or on a spot. Play some relaxing music and ask children to slowly roll the ball over their body parts, while trying not to drop it. Children then sit down and repeat the movement of ball over their bodies. |