**Reception PE Lesson 1 Ball Skills**

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| TOPIC – Objects |
| RESOURCES- Balloons, balls, markers, paper, pens, cellotape, beanbags, animal flashcards | **MAIN SKILLS** – Throwing, Catching, Rolling, Passing, Kicking **SUB SKILLS** – Aiming, Running |
| EYFS & LEARNING OUTCOMES:* Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.
* Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
* Experiments with different ways of moving.
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| ADDITIONAL EYFS AREAS OF DEVELOPMENTPhysical Development: gross motor skills, object control, PSHE: looking after and respecting othersExpressive Arts and Design: self-expressionLanguage, Literacy and Communication: communicating in pairs, fine motor development | **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? Respect, aim, not too hard and not too softHow does a kangaroo/bear/snake, etc. move? |
| WARM UP – BEANBAG PASSESSplit children into small groups and line them up all facing one direction. Give a beanbag to the child in the front and ask them to pass it to the child behind them without moving their feet. Once the beanbag has reached the child at the back of the line they run to the front and pass the beanbag back. | Differentiation * HARDER – Faster
* EASIER – Slower
* Children pass in different ways, over their heads, between their legs, over their shoulders, etc.
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| ACTIVITY 2 – BALL CIRCLEAll children to stand in a circle, one child holds a large ball. Next tell the children that they are standing around a magic pond and have to throw the ball over to the other side without it falling in. Call a name of someone and the child holding the ball throws it to the other child. Continue until all have had a turn. Next kick the ball. | Differentiation * Make the size of the circle larger or smaller
* Divide the group of children into ability and create a few circles
* Get the more able children to throw to the less able children and the less able children to throw to the more able children.
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| ACTIVITY 3 – THROW AND CATCHGive each child a beanbag and a marker. Children to hold their marker in their hands like a bowl. Throw the ball up and catch it with the marker. Pair up children and place one beanbag next to them. Children to throw the beanbag to each other. Next, one child holds both markers and the other holds the beanbag. Throw the beanbag and the child tries to catch the beanbag with both markers. | Differentiation * Move children to next task when ready
* Children to stand closer or further apart from each other
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| ACTIVITY 4 – TARGET RELAY RACESDivide the children into small groups (approximately 6 in a group) and line them up. Give each child a beanbag. Place 3 hoola-hoops in front of each line (1 close, 1 further away and 1 even further). The first child throws their beanbag into one of the hoola-hoops and runs to the back of the line. The next child steps forward and throws their beanbag and runs to the back of the line, etc.  |  Differentiation * Create a competition where the lines race against each other
* Children keep score, how many beanbags did you get in the hoops?
* More score for the the hoops further away
* Children roll a ball rather than throw a beanbag
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| ACTIVITY 5 – BALL STOPGive each child a ball. Instruct them to roll the ball and chase it. Call out a body part and the child will need to stop the ball with that part of the body. Divide children into pairs. One child rolls a ball and the other child chases it. Call out a body part and the child who is chasing the ball will need to stop the ball with that part of the body.  |  Differentiation * Think of body parts that are easier to stop with and that are harder
* Pair up children with similar or different abilities
* Use larger balls to make it easier and smaller balls to make it more challenging
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| COOL DOWN – SCARF DANCEGive each child a scarf. Throw the scarf into the air and catch it. Play some gentle music and ask children to throw and catch their scarves while walking slowly. Play the music softly and talk softly so they understand that they need to do this slowly. |