**Year Group 2**

**Movement Skills – Lesson 2**

**Learning outcomes**

Children will travel while holding equipment. Children will learn to pass a ball without dropping it.

**Resources needed**

Large ball for each child, Quoits and small cones for obstacles.

**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? Remind children of the game 'Top Gear' that they played in the last lesson (see additional resources). Explain that we are going to warm up our bodies by playing this again but today they must carry a ball and pretend it is the steering wheel of the car. They must not drop the ball at all during the activity.

**Introductory Activity and Experimentation**

Ask children to find as many ways of moving the large ball around their bodies as they can. Encourage children to stand or sit but not move around the room. Share the different ways and the skills they used. Ask children what they needed to do to make sure they didn't lose the ball - keep their eyes on it!

Ask children to experiment with other ways of moving the ball - still in a static position. Again let children share their activities. Get them to describe if the ball was rolled, bounced, thrown etc. Ask children what they need to do to make sure they catch the ball and do not drop it. Talk about keeping their eyes on the ball, cupping their hands around it and drawing it into their bodies.

Explain to children that in some games we need to pass the ball from one person to another. The children are going to move around the room while holding their ball in a way instructed by the teacher eg. walk forwards, backwards, sideways; run in a straight line, curved line, quickly or slowly etc. When the teacher shouts 'change' the children must change their ball for one of a different colour from another child. They must make sure that they do not drop the ball. Return balls to basket.

**Skill Building**

Ask children to show you some ways of moving on their feet that they used in the last lesson. Share their ways of moving, getting children to describe the movements of their peers. If someone has used a jumping movement get children to develop this. If not suggest this as another way of moving to the children. Ask them to find different ways of jumping - jumping on the spot, two feet to two feet, two feet to one foot, running and jumping etc. Can they jump in different directions? What do they have to do to make their jumps higher?

Explain the importance of bending knees when landing to take the strain of the jump and improving the jump by bending knees for a good take off. Encourage children to look where they are going - especially when moving backwards. Discuss how to control their landings and ask how they can use their arms when jumping. Challenge them to find the best way to jump a long way.

Put a range of apparatus such as quoits or small cones around the working area. Ask children to move around the room jumping over the apparatus whenever they meet it. Challenge them to jump over as many pieces of apparatus that they can in 30 seconds.

**Concluding Activity**

Children work in pairs to play Shadows (see additional resources). Take turns to be the Shadow.

**Cool Down**

Teach the children Tinker Tailor (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?

**Extension activities**

When playing the game Tinker Tailor encourage children to work out who is going to be the next Thief. Apply STEP.