**Year Group 2**

**Movement Skills – Lesson 4**

**Learning outcomes**

Children will link running and dodging actions by playing simple partner games. Children will begin to throw and catch with some accuracy, working alone and with a partner. Children will use the skills of running and throwing accurately to play a team game.

**Resources needed**

A beanbag and ball for every child, Names of four places written on card for Park & Ride game, 24 hoops.

**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 trailers. Explain that this activity is almost the same as Park and ride that they played in the last lesson but when they visit the Park and Ride area they will join up with another car instead of changing cars (see additional resources for instructions)

**Introductory Activity and Experimentation**

Remind children that they played Lose my shadow in the last lesson and choose some children to describe the rules (see additional resources). Ask children to quickly choose a partner and play the game for a few minutes. Explain to children that they are going to extend the activity by tagging their partner with a beanbag, placing it on the ground and then running away. The child who has been tagged then has to pick up the beanbag and repeat the action of tagging and putting the beanbag on the ground. Encourage children to discuss the ways in which they could make it difficult for their partner to catch them.

Repeat the activity but this time use a ball. Afterwards discuss whether it was harder or easier to play the game with a ball rather than a beanbag.

**Skill Building**

Ask children if they can describe the 'magic moment' when bouncing a ball. Give them a few minutes to practice catching a ball on the 'magic moment'. Ask children to put their ball away and choose a beanbag instead. Tell children that today we will be working on throwing and catching. The aim will be to catch the beanbag before it touches the floor. Give the children a few minutes to practice throwing and catching a beanbag while stationary.

Choose a few children to demonstrate the throwing and catching. Ask children to describe what they are doing and how they could improve their skills - watching the beanbag all the time, reaching out for the beanbag, cupping hands around it to catch it and drawing it in towards the body.

Challenge children to throw and catch the beanbags again, varying the height of the throw, throwing it a little in front of them, throwing it and catching it while moving. Ask some children to demonstrate what they did.

Ask children to work with a partner and to use one beanbag to throw and catch. Ask them to vary the height to which they throw and also the distance between them. Does it get harder or easier when the distance increases? Can they repeat the activities when moving?

Give children the opportunity to change the beanbags for balls and repeat the activities.

**Concluding Activity**

Tell the children that they are going to use the skill of throwing to play a team game called Beanbag hoop relay (see additional resources). Divide the children into 6 groups then lay out four hoops for each group and explain the rules to the children and demonstrate what each team member needs to do. Discuss whether speed or accuracy is the most important factor, or are they both important? What will happen if the beanbag does not go in the next hoop?

Start the relay.

**Cool Down**

Play the game of Tinker Tailor taught in the last lesson but today add all the other 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? Do we always feel this way after exercise?

**Extension activities**

Challenge children to count how many times they can catch a beanbag or ball in one minute.

Ask them to catch the beanbag or ball with just one hand.

Ask them to repeat activities using smaller balls.