**Year Group 2**

**Movement Skills – Lesson 6**

**Learning outcomes**

Children will continue to develop their understanding of the importance of avoiding other children when moving around. Children will also learn how to stop quickly and safely. Children will learn how to hold a bat correctly and begin to control a ball, both on the spot and while moving.

**Resources needed**

A bat and ball for each child, Bands in four different colours for each child.

**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? Can children remember why it is important to warm up their bodies? Tell children that we are going to warm up our bodies by playing Beans as in the last lesson, but we are going to add some more actions (see additional resources).

Teach children the new actions then call out the names of different beans. Gradually build up the pace - start with the less energetic actions and then call out the names more quickly and include more energetic actions.

**Introductory Activity and Experimentation**

Remind children about the rules for Foxes and Rabbits as played in the last lesson. Give each child a band and play two rounds of the game (see additional resources).

Discuss with children the importance of avoiding other children when moving around and also being able to stop quickly. Teach them the game Stuck in the mud (see additional resources). Emphasise that children should always approach from the front and use all the space.

**Skill Building**

Ask children to take a small ball and allow them a few minutes to practice striking it in as many ways as they can.

Tell children that in this lesson we will be using a bat to strike the ball. Ask children to choose a bat and try to balance the ball on the bat. Once they are able to do this challenge them to move while trying to keep the ball balanced on the bat. Can they balance the ball on the bat for 30 seconds?

Encourage children to use the correct grip on the bat, making sure their fingers curl around the handle. Ask them to try bouncing the ball down with the bat and then bouncing the ball up with the bat. Teach them to hold the bat firmly with the bat facing upwards for this last activity. Tell them to keep the wrist firm and their arm slightly in front. Remind them to keep their eyes on the ball at all times.

How many times can they bounce the ball on the bat? Challenge them to move while doing these activities.

**Concluding Activity**

Divide children into teams and teach them how to play bat and ball relays (see additional resources). Remind children of the skills they need to use in order for their team to be successful.

**Cool Down**

Ask children to take their own small ball and sit in a large class circle. Teach them to say 'Her hair, was fair, and she wears a delicate shade of ginger.' Once children can say the rhyme in a rhythmic way ask them to pass their ball on to the next person in the circle on the beat but on the words 'delicate shade of ginger' each child must strike the ball they are holding against the ground in front of them to the rhythm of the words. The ball begins to pass around the circle again to the words 'Her hair, was fair, and she wears'.

At the end of the activity ask the children how their bodies have changed with exercise. Why is exercise good for them?

**Extension activities**

Challenge children to use a larger/smaller, lighter/heavier ball.

Practice striking a ball against a wall.