

Additional Resources:

Uni-hoc sticks; pop lacrosse sticks; skittles/markers for target 'goals'; variety of balls; Learning Resources Games

Learning Objectives	Suggested Series of Activities - Splash	Points to Note
<p>Pupils should learn:-</p> <p>Acquiring and Developing</p> <ul style="list-style-type: none"> to refine a variety of sending skills to send accurately using different skills <p>Selecting and Applying</p> <ul style="list-style-type: none"> to select and apply simple attacking and defending tactics <p>Improving and Evaluating</p> <ul style="list-style-type: none"> to describe and assess others' work using simple and specific criteria to know what they need to practise and identify any improvements <p>K and U of Fitness and Health</p> <ul style="list-style-type: none"> that each lesson starts with a warm up why it is important to warm up that different activities tire different muscles 	<p>Warm up</p> <p>Ask the children:</p> <ul style="list-style-type: none"> To slowly stretch and to shake their hands To slowly stretch and then shake each foot To slowly stretch and then shake all over To play a simple chasing game What part of the lesson is this? <p>Why is it important to warm up?</p>	<ul style="list-style-type: none"> highlight the 'tension' in the stretch and the 'relaxation' in the shake
	<p>Game</p> <p>Talk with the children about the different ways they can send a ball other throwing or striking with palm of hand, bat or racket.</p> <p>The barrier could be made much lower or be at ground level; hoops could be replaced by 'goals' made from two skittles</p> <p>Ask the children:</p> <ul style="list-style-type: none"> To play the game as in Lesson 3 but with the players using one of the identified sending actions; receivers could intercept in a similar way e.g. with feet or stick <p>Is it easier or harder to hit the target using this action? Why?</p> <p>Is it easier or harder to intercept using feet or a stick? Why?</p>	<ul style="list-style-type: none"> other ways of sending could include kicking, striking uni-hoc stick; throwing with a pop lacrosse stick a different sending skill can be used each lesson encourage the children to decide what type of ball they will use
	<p>Development</p> <p>Ask the children:</p> <ul style="list-style-type: none"> To practise the sending skill they used in the game; to send in different directions and over increasing distances <p>Help them to improve [see Resources Games 1, 18 and 19]</p>	
	<p>Game</p> <p>Talk with the children about tactics.</p> <p>What tactic did the sender practise in previous lessons to try and outwit their opponent i.e. placing the ball away from their opponent.</p> <p>Explain that the receiver can also use tactics.</p> <p>Ask the children:</p> <ul style="list-style-type: none"> To play the game again, differentiated, as appropriate, using the same sending skill as in the first game <p>What tactics are you using?</p> <ul style="list-style-type: none"> To describe what they need to do to improve <p>How has practise improved your play?</p> <ul style="list-style-type: none"> To observe and assess others' work 	<ul style="list-style-type: none"> highlight:- always starting and returning to the centre of court position to allow for optimum coverage of the space - anticipating the length and direction of the strike do not ask children to apply more than one criterion at any one time when assessing others' work
	<p>Cool down and concluding activity</p> <p>Ask the children:</p> <ul style="list-style-type: none"> To run, jog, and then walk What they thought they improved on this lesson 	<ul style="list-style-type: none"> ask the children which parts of their body are most tired and why