



JUNIOR PROGRAMME (MANIPULATIVE SKILLS)



Focus:	Overarm Throw	Underarm Throw	Catch	Strike
Learning Intentions:	Be able to perform an overarm throw using the correct technique and some accuracy	Be able to perform an underarm throw using the correct technique and some accuracy	Be able to catch an object consistently	Be able to strike an object using the main technique points
Teaching Points	<ul style="list-style-type: none"> • Stand side on • Point in the direction you want the object to go • Object by ear • Step and throw • Follow through 	<ul style="list-style-type: none"> • Forward facing • Swing arm by your side • Step and throw • Follow through 	<ul style="list-style-type: none"> • Eyes on the object • Hands ready • Move towards the object • Reach for the object • Bring the object towards your body 	<ul style="list-style-type: none"> • Shake hands with the bat/racket • Stand side on • Step and swing
Warmup Activity 1	<p>*Spring Clean (lead) Two teams, two areas 'houses' (separated by a line), approx 12 toys in each house. Teams stand on opposite lines. Number each player in the teams 1,2. When teacher calls out a number the children pick up a toy from their 'house' return to their start line then throws it into</p>	<p>Partner Tunnel Bowl In pairs (1 tennis ball/pair). One person is the 'tunnel' and stand with their legs apart. The other player is the 'bowler'. The bowler tries to roll the ball between the 'tunnels' legs. Swap over after a few turns or a certain time. Increase distance.</p>	<p>Explore: Every child has a ball and has 2 mins to explore throwing up and catching. Focus on;</p> <ul style="list-style-type: none"> • Watch the ball • Hands ready to catch (bowl shape) • Bring the ball towards their bodies (spongebob) 	<p>Exploration: (*see Bus Stop activity) Every child has a tennis ball and a bat/noodle/racket. Give them 2 mins to hit/dribble/push ball around a designated area. Discuss:</p> <ul style="list-style-type: none"> • Body position • Eyes on ball

	<p>the other teams 'house'. When 'springclean' is called everyone throws objects into other teams house.</p>		<p>Challenge them with different skills</p> <ul style="list-style-type: none"> • Throw and clap • Bounce and catch • Throw to a partner and catch 	
Activity 2	<p>Pirate Throws (throw and chase) In pairs, 1 person has the ball and throws it as far as possible. The other person runs after it and collects it then they swap.</p> <ul style="list-style-type: none"> • throw as far as possible • as high as possible • as hard as possible • with althernate hands • with both hands 	<p>*Friendly vs Fire (lead) Everyone has a bean bag. Teacher yells 'friendly' everybody walks around throwing/catching their beanbag to themselves. When teacher yells 'fire' everyone tries to throw bean bag underarm and hit other people's legs. Once 'friendly' is called they return to throwing and catching to themselves. Variations: call 'freeze' to stop players moving, increase throwing distance, only 'fire' once/time.</p>	<p>*Farmers and Chickens (lead) 2 players are 'farmers' and hold a hula hoop, rest of class holds a bean bag each and are the 'chickens'. Chickens walk around the farm throwing and catching beanbag. 'Farmers' stay inside a hoop and try to tag the 'chickens'. If chickens are tagged they swap. If chicken drops beanbag they run around the outside of the area before returning to the game (or can swap roles).</p>	<p>*Mushroom (lead) Place cones around an area and place a ball on top of each cone. Two teams, one team is required to hit the balls off the cones (with their hand/noodle), the other team tries to put the balls back on. Swap teams after a few mins.</p>
Activity 3	<p>*Force Back In pairs facing each other (3-5m apart). In the middle of a large area. One partner throws a bean bag as far as</p>	<p>*Roll and Chase In pairs, one player rolls ball as far as possible, as soon as ball has left their hands the partner can chase the ball and</p>	<p>*Catch Tag Play 'tag' with a few taggers. If tagged the child goes to edge of area and performs a catching task (ie x5</p>	<p>French Cricket/Bat Down Groups of six, a bat and a ball per group. Player with the bat stands in the middle of a circle formed by other player.</p>

	<p>they can over the partners head. The retriever then returns the throw from the spot where it landed. This continues until strongest thrower forces the other player to the end of the area. They then gain a point and the game starts again from the middle.</p>	<p>stop it before returning to the starting position and having a go.</p> <ul style="list-style-type: none"> • Competition between the pair • Target zones for points 	<p>throws/catches, pass/catch to teacher, bounce catch)</p>	<p>A player bowls the ball to the batter who strikes at it. The batter then lays his/her bat on the ground. The player closest to the runaway ball stops the ball and attempts to roll the ball and hit the bat. If successful they then replace the batter. Max 5 turns per batter if not hit out.</p>
Activity 4	<p>Target Ball In pairs, partners face each other (6m) apart. A cone is placed in the middle of each pair. Children try to hit cone (gain a point), alternate attempts each time.</p> <p>Alternatives: aim for: hoops, buckets, zones.</p>	<p>Target Practice -throw into a bucket (relay) -throw into hoops (vary distance) -throw to partner -throw through raised hoop</p>	<p>Cone Relay Groups of 6 with one teacher/competent thrower. Kids line up behind each other in their group. Teacher underarm throws to first person in the line. The child catches the ball with a cone and throws it back then runs to back of line, repeat for all players.</p>	<p>Four Goal Hockey Set up 4 goals. 4 teams, 5-6 in each, each team is allocated a goal. Each player has a number and a hockey stick/noodle. When a number is called, teacher rolls ball into middle of area and players try to score a goal in any goal except their own. Once a goal is scored they return to their team.</p>
Activity 5	<p>Popcorn 1-2 children in the middle of a tennis court with a bucket of balls, everyone else is spaced out around the court/area. Child in middle throws balls</p>	<p>Class Tunnel Ball Divide class into two lines forming a tunnel shape (pairs opposite each other with one ball/pair). A teacher and 'helper' are in the middle of</p>	<p>Circle Ball Groups of 6 with 1 ball per group. Children stand in a circle (1-2m away from each other). 1 person is a 'runner'. On 'go' the runner, runs</p>	

	<p>(one at a time) in all directions. Other players try to return the balls as fast as possible to the bucket. After 2 mins swap throwers. Progression: If a player catches the ball they become the thrower or they get 10 points.</p>	<p>the lines at each end of the tunnel. Teacher/helper rolls big ball to each other and players try to roll their ball to each other and hit the teachers ball as it passes. If successful they replace the teacher and helper.</p>	<p>around the outside of the circle, whilst the other children pass the ball around the circle in a clockwise direction. They must try to pass it fast and get it back to the start position before the runner makes it back to their starting position.</p>	
Alternatives	<p>*Scatterball 2 teams, (T1 = fielders, T2 = throwers.) Throwers have 2 items each to throw. Once all items are thrown, fielding team is allowed to retrieve them. Once items are thrown, 'throwers' run around markers (3m away) as many time as possible. Once all items are returned teams count laps and switches over.</p>	<p>Rob the Nest 4 nests (hoops) at each corner and one in the middle (which has all the eggs/toys in). 4 teams sat behind the 4 corner nests. Players numbered off (1-5). On teachers call, selected player runs into middle nest, steals/graps a toy/egg and underarm throws it back into their own hoop. If successful they can get another one, if not they must retrieve the toy and try again until successful or teacher changers players. Once eggs are all stolen from middle hoop they can steal from others nests.</p>	<p>Chest Passes (Pairs)</p> <ul style="list-style-type: none"> • Throw from their chest to partners chest • Cast a spell on the follow-through • Step forward for power 	

JUNIOR PROGRAMME (LOCOMOTIVE SKILLS)

Focus:	Skipping	Dodging	Jumping	Hopping
Learning Intentions	<p>Be able to skip and swing arms in opposition to legs to aid movement.</p> <ul style="list-style-type: none"> • Step and hop • Landing on balls of feet • High knee lift • Use arms to get power 	<p>Be able to move the body quickly in different directions.</p> <ul style="list-style-type: none"> • Bend knees • Push off feet and turn body • Head up • Get low • On balls of feet 	<p>Be able to land safely to absorb the impact and explore different types of jumping.</p> <ul style="list-style-type: none"> • Bend knees (motor bike landing) • Push from toes • Swing arms and spring • Stretch and reach 	<p>Be able to hop up/down on one leg continuously.</p> <ul style="list-style-type: none"> • Take off and land on same foot • Swing and spring • Pump other leg
Warm up Activity 1	<p>*Here- there-everywhere Teacher calls out different commands; Here – players skip towards teacher There – skip in direction where teacher points Where – skip on the spot Everywhere – skip anyway</p>	<p>Knee Tag (*Dodgy knee knockers) In pairs, facing each other, one person starts by touching partners knee, once tagger the other player tries to return the tag. Players must stay facing towards each other and within 1m.</p>	<p>*Jumping Beans (lead) Children moving around (various locomotive skills). Teacher calls out different actions -Chilli beans; running on spot like you're cold -Running beans; running -Baked beans; lie down -Jelly bean; wobbly body -Coffee bean; super fast run -Broad bean; star jumps -French bean; move hips</p>	<p>*Catch the Magpies (lead) Place lots of spots in a defined area. Have two taggers 'Scarecrows', the rest are 'Magpies'. Magpies must hop around area without being tagged. They are safe on a spot but can only stay for 5 sec. Scarecrows try to tag them, then swap over.</p>

<p>Activity 2</p>	<p>*Monsters and Fairies (lead) 2 players 'monsters' and 2 players 'fairies'. All players must move around area by skipping only. The 'monsters' try to tag the other players. If tagged they must freeze. The 'fairies' can unfreeze them but giving them a hi-5. Swap characters after a few mins.</p>	<p>*Dodgems Set up square area. Each player has a spot/ball to use as steering wheel. Players move around area with steering wheels without touching others. Teacher calls out commands; turn left, walk backwards, go fast etc.</p>	<p>What's the time Mr Wolf? Everyone on base line, wolf facing opposite way on opposite baseline. Children yell out 'whats the time Mr Wolf' Wolf replies (ie 3 oclock) and children jump 3 times, wolf turns around and tries to identify children not landing balanced. They then join the wolf.</p>	<p>*Fighter Pilots Mark out a square area with dots around outside. 3 players are 'flighter pilots' and have a bean bag each. They try to throw and hit 'planes' (below waist). If hit planes hop to spots 'fix it station' and do a challenge (eg 3 hops/leg) before returning to game.</p>
<p>Activity 3</p>	<p>*Octopus tag Players line up on a base line (fish). One player in middle of area (shark). Shark tries to tag fish. If fish get tagged they turn into an 'octopus' and must stay on spot and try to tag fish by waving their arms around. Fish must move from one end to the other and try not to get caught. They can only skip though.</p>	<p>*Octopus (lead) Players line up on a base line (fish). One player in middle of area (shark). Shark tries to tag fish. If fish get tagged then turn into an 'octopus' and must stay on spot and try to tag fish by waving their arms around. Fish must move from one end to the other and try not to get caught. Vary the type of locomotive movement.</p>	<p>*Frogs and Flies Set up area 'lily pond' with lots of spots/hoops in. Divide players into 2 teams, half 'flies', half 'frogs'. The flies 'fly' (jog) around area. Frogs jump from lily pad to lily pad. On signal, (clap) flies and frogs freeze and balance. Frogs stretch out and try to eat (catch/tag) the flies. If tagged they swap over or swap the teams over after 1 min.</p>	<p>*Rob the Nest Place 4 hoops 'nests' in corners of a square and 1 hoop in the middle. Place objects 'eggs' in middle hoop. Have 4 teams (each stand behind a corner hoop). Number players 1-5. Call out a number. Players with that number hop to centre hoop, grab object, hop back to own nest. Can steal from others nest. Vary numbers call. Team with the most objects 'eggs' in their nest wins.</p>

<p>Activity 4</p>	<p>Steal the Tail (skipping) Everyone has a scarf 'tail'. They all try to steal each others tails. They are only allowed to skip in the area (not run) while trying to steal others tails.</p> <p>Rules; can only steal one tail at a time and they can't steal another players tails if the player is putting other scarves into their pants.</p>	<p>*Dragons Tail Groups of 6-8. In a line, holding each others shoulders. Back person has band tucked into shorts. On "go" front person 'dragons head' chases its own tail. If they catch their tail, they move to the back and second person becomes the 'dragon'.</p>	<p>*Wiggly Snakes Groups of 3, (1 skipping rope per group). 2 players hold ends of the rope. The other player runs and jumps over the 'wiggly snake'. Teacher calls out commands; 'Still snake'- rope straight on ground 'Sleepy snake'- move rope side to side slowly 'Crazy snake'-move rope side to side fast 'Jumpy snake'- rope moves up and down.</p>	
<p>Activity 5</p>		<p>*Circle Dodge Ball Groups of 6. Players form a circle, with one person in the middle 'dodger'. Players try to throw ball at the dodger (below the knees). If hit they swap over.</p>	<p>*River Crossing Place 2 ropes on ground making a river. Players try to jump over river Variation= increase width of river, landing 1 foot or 2 feet, take off with a run.</p>	

(*) indicates activities found in the Get Set Go resource card which can be purchased through www.athletics.org.nz - shop – fundamental skills resources – Get Set Go resources cards (\$69.50)