

Skill: Rolling KC's - Thinking, Managing self, Participating and Contributing, Relating to others.	Lesson: 1	Learning Objective: Perform a roll to stationary and moving objects
Skill Criteria: <ol style="list-style-type: none"> 1. Ready 2. Swing Back 3. Roll 4. Follow Through 		
Activities:	Equipment:	
WARM-UP: Roller Tag (5-10 mins) <ul style="list-style-type: none"> • Ss selected to be 'taggers'. • Taggers can run with the ball but must roll the ball & hit Ss on the legs. • If hit, Ss must be saved by a class mate (high 5?) • Change taggers after 1 minute. 	Bands Balls (variety) Cones	
EXPLORE Activity: Buddy Rolling (5-10 mins) Buddy Rolling <ul style="list-style-type: none"> • Ss in pairs • Ss1 rolls ball to buddy 	Blue Grip Balls Spots	
GROW ACTIVITY: Bowling (10 mins) <ul style="list-style-type: none"> • Ss in groups of 4 -6 • Form line behind a spot • 3x Cones set up in front of Ss • Roll ball to knock over cones • Point for every cone knocked over Progressions: <ul style="list-style-type: none"> • Swap teams 	Cones Blue Grip Balls Spots	
GO4IT Activity: Ocean Rescue (10 mins) <ul style="list-style-type: none"> • Mark area with cones (ocean) • In ocean place spots (ship wreck) • 2-4 Ss start on land with balls (life rings) • Other Ss are stranded on spots. Ss with balls try to save Ss as quick as possible by rolling the balls out. Ss cannot step off spots. Once saved they must take ball back to person who saved them then pick up a life ring from the pile and save others. Progressions: <ul style="list-style-type: none"> • Ss can save other Ss with life rings when on spots • Have Sharks running around blocking life rings 	Blue Grip Balls Spots Cones	
Refecation Questions: <ol style="list-style-type: none"> 1. What are the key points when rolling? 2. What must we do to ensure the ball stays on the ground? 3. What parts of our body did we use when rolling? 4. How did we help our friends today? 		
GO4it at home https://www.sportbop.co.nz/downloads/Junior-Day-20---Rolling.pdf Play Ten Pin Bowling with Chloe and see what score you can get 😊		

<p>Skill: Toss & Catch</p> <p>KC's - Thinking, Managing self, Participating and Contributing, Relating to others.</p>	<p>Lesson 1</p>	<p>Learning Objective:</p> <p>Explore how to toss and catch to self and partner with different equipment.</p>
<p>Skill Criteria:</p> <p>Toss:</p> <ol style="list-style-type: none"> 1. Ready 2. Swing 3. Let it go! 	<p>Catch:</p> <ol style="list-style-type: none"> 1. Make a nest 2. Squeeze 3. Hug 	<p>Helpful hints:</p> <ul style="list-style-type: none"> • Let them <i>explore</i> height, weight and strength of their own throw. • Focus on '<i>progress not precision</i>'
<p>Activities:</p>		<p>Equipment:</p>
<p>WARM UP:</p> <p>Snowball Tag for Y2/ 45 minute session (see Over arm throw plan)</p> <p>(Go straight into practice activity for NE-1)</p>		<p>Cones</p> <p>small balls</p>
<p>EXPLORE: Toss Explore</p> <ul style="list-style-type: none"> • Demo/Explain Toss & Catch using Skill Criteria • Spread equipment out into different 'stations' using buckets to hold the different equipment. • Split class evenly into 5 different groups of no more than 5 (depending on class size) • Children spend 2-3 minutes exploring how to toss and catch to themselves at each station with the different equipment, e.g. tennis balls, bean bag, poi, rubber chickens (make the items fun and different purposes) <p>Progression:</p> <p>Children in pairs</p> <ul style="list-style-type: none"> • Children explore different ways of throwing and catching to each other using different equipment. 		<p>Tennis balls</p> <p>Poi</p> <p>Bean Bags</p> <p>Large Grip Balls</p> <p>Chickens</p> <p>(anything in the PE shed or classroom that can bounce, roll, be thrown or caught)</p>
<p>GROW: Hot Potato</p> <p><i>Children in groups of 5 in a circle with one beanbag</i></p> <p>Children throw the bean bag around the circle clockwise</p> <p>If someone drops the beanbag, they have to run around the circle</p> <p>Whilst that child is running around the circle- the rest of the group pass the beanbag as quick as they can before the other children dab your spot.</p> <p>If the spot is dabbed before they get there, that child is 'out' and stands in the middle for one round of passes round the circle.</p>		<p>Bean bags</p>

<p>Progressions:</p> <p>Add another bean bag</p> <p>Make the circle larger so the throw needs to go further</p>	
<p>GO4it: Clean your room</p> <p>Set-Up:</p> <p>Split class in half</p> <p>Cones mark boundaries of large square (1/3 netball court)</p> <p>Spots spread out along half Must stay on your side</p> <p>Goal:</p> <p>Have least amount of junk (items) in your room</p> <p>Play:</p> <p>Ss toss balls/items between their rooms</p> <p>If ball/items rolls outside of room, Ss must retrieve and roll again</p> <p>Progression:</p> <p>Place hoops in rooms. If item lands in hoop, it must stay there.</p>	<p>Cones Bean Bags Spots Chickens Balls</p>
<p>Question time:</p> <ul style="list-style-type: none"> • What are the cues to catch? • What is the easiest equipment to catch? Why? • How did we help our friends today? 	
<p>GO4it at home:</p> <p>https://www.sportbop.co.nz/downloads/Junior-Day-11---Catching.pdf</p> <p>Play catch me if you can at home with Khushali and then see if you can play it at morning tea with your friends ☺</p>	

<p>Skill: Underarm throw</p> <p>KC's - Thinking, Managing self, Participating and Contributing, Relating to others.</p>	<p>Lesson: 1</p>	<p>Learning Objective:</p> <p>Under arm throw with some accuracy</p>
<p>Skill Criteria:</p> <p>Underarm throw:</p> <ol style="list-style-type: none"> 1. Ready 2. Swing 3. Step 4. Follow through 	<p>Catch:</p> <ol style="list-style-type: none"> 1. Make a nest 2. Hands ready 3. Squeeze 4. Hug 	
<p>Activities:</p>		<p>Equipment:</p>
<p>EXPLORE: Hot Potato</p> <p>Groups of about 5 make a circle with 1 bean bag between them</p> <p>They must do a little throw to the person next to them who has to catch it by making a nest. (Ensure we remind them where to aim their beanbag).</p> <p>The beanbag goes round the circle, if somebody drops it they have to run around the circle and back to their spot.</p> <p>Progression:</p> <ul style="list-style-type: none"> - Move further back - Progress to a tennis ball 		<p>Small ball/ bean bag</p>
<p>GROW: Aim & Fire (15 mins)</p> <ul style="list-style-type: none"> • Demo/Explain under arm throw using success criteria • Spread equipment out into different stations • Split class evenly between teacher and coach <p><i>Teacher:</i> Groups of 3, 2 beanbags each, 2 buckets</p> <p>Children in groups of three. Stand behind a cone and try and aim the bean bag into the first bucket then second.</p> <p>Once successful, they swap to the next person. Children count beanbags when teacher shouts times up.</p>		<p>Buckets Hoops Cones Tennis balls Square bean bags</p>

<p><i>Coach:</i> Children in Groups of 3</p> <p>1 holder, 1 thrower, 1 collector.</p> <p>Child 1 holds the hula hoop on the side, child 2 stands behind ready to collect, child 3 stands by the cone and aims the ball throw the hoop.</p> <p>Children have 3 goes each and then rotate.</p> <p><i>Progression:</i> Children swap teams after 5-10minutes to have ago with hula hoop/ beanbags</p>	
<p>GO4it: Messy Bedrooms</p> <p><i>Set-Up:</i></p> <p>Split class in half</p> <p>Cones mark boundaries of large square (1/3 netball court)</p> <p>Spots spread out along half</p> <p>Must stay on your side</p> <p><i>Goal:</i></p> <p>Have least amount of junk (items) in your room</p> <p><i>Play:</i></p> <p>Children must underarm balls/items between their rooms</p> <p>If ball/items rolls outside of room, Children must retrieve and roll again</p> <p><i>Progression:</i></p> <p>Place hoops in rooms. If item lands in hoop, it must stay there.</p>	<p>Cones Bean Bags Spots Chickens Balls</p>
<p>Question time:</p> <ul style="list-style-type: none"> • What are the cues to catch? • What is the easiest equipment to catch? Why? • How did we help our friends today? 	
<p>GO4it at home:</p> <p>https://www.sportbop.co.nz/downloads/Junior-Day-9---underarm-throw.pdf</p> <p>The Bucket Challenge is a simple game for you to practise at home .. Can you beat Cam to the challenge?</p>	

<p>Skill: Overarm throw</p> <p>KC's - Thinking, Managing self, Participating and Contributing, Relating to others.</p>	<p>Lesson: 1</p>	<p>Learning Objective:</p> <p>Overarm throw using success criteria to self-correct</p>
<p>Skill Criteria:</p> <p>Over arm throw: 'Aim and Fire!'</p> <ol style="list-style-type: none"> 5. Front foot on the spot 6. Same arm pointing forward 7. Ball by your ear 8. Elbow high 9. Step and push 		<p>Helpful Hints:</p> <ul style="list-style-type: none"> • Make a 'Tick Position' as a visual clue • Push the ball • Have fun! • Use different equipment to make it interesting 😊
<p>Activities:</p>		<p>Equipment:</p>
<p>WARM-UP: Snowball Tag</p> <p>Mark an area that is big enough for the whole class to run around in. Place as many balls as possible around the marked space.</p> <p>Teacher to choose 2 – 3 Taggers.</p> <ul style="list-style-type: none"> • All players (except the taggers) are to remain inside the marked area. • On "Go" taggers are to pick up the balls on the outside area and hit the other players in the marked area on their legs. <i>Taggers are to only perform underarm throws.</i> • Once a player has been hit with the ball, they are to collect the ball and join the taggers. • Players inside the area are to run around avoiding the taggers • Last player left wins <p>Progressions:</p> <p>If you get hit, you swap with the tagger that hit you.</p> <p>You could change the locomotive movement to skipping, hopping, galloping etc., inside the area.</p>		<p>Cones</p> <p>Beanbags</p> <p>Small balls</p>
<p>EXPLORE Activity: Nerf wars</p> <ul style="list-style-type: none"> • In pairs, using the skill criteria, throw the nerf rocket back and for to eachother from a safe distance. • Children explore distance, technique and timing • Q: Why are they whistling? How can we make it whistle louder? 		<p>Nerf Rockets</p>

GROW Activity: Aim & Fire (15 mins)

- Demo/Explain Over arm throw using success criteria:
 1. Front foot on the spot
 2. Same arm pointing forward
 3. Ball by your ear
 4. Elbow high
 5. Step and push

- Spread equipment out into different stations

Task 1: Groups of 2/3,

Children stand with front foot on the spot and try and aim the nerf rocket past the line of cones.

Children wait for teacher command to go and collect, pass to the next person who then has as a go.

This is a quick rotation activity so the children stay engaged.

Progression:

Increase the distance of the cones

Give the children cone to put in an area and they aim for it

Task 2: Children in Groups of 3

Over arm throw bean bags into the hoops

3 Hula hoops out in front of the spot markers to aim for.

Take it in turns to have 2 attempts each.

- Split class evenly between teacher and coach just to monitor activity

Progression 1: Children swap teams after 5-7minutes to have a go at Task 1 and 2.

Hula hoops
Nerf rockets
Bean bags
Cones

GO4it Activity: FORCEBACK (10 mins)

Children in groups of 2 with 1 tennis ball per group.

Pairs start back to back and take 3 big steps away.

Children always overarm throwing & catching.

Part 1 (2 mins)

- Children overarm throw and catch (catch = 1 point)
- Aim is to get as many points as possible.

Part 2 (2 mins)

- 2 handed catch = 1 pt, 1 handed catch = 2 pt, Drop = -1 pt.
- Aim is to get as many points as possible.

Part 3 (4 mins)

- Each successful catch, the thrower takes a step back.
- If there is a drop, thrower takes a step in.
- Aim is to get as far away from each other as possible.

Cones
Tennis ball/ nerf rocket

Question time:

- What are the cues to catch?
- What is the easiest equipment to catch? Why?
- How did we help our friends today?

GO4it at home:

<https://www.sportbop.co.nz/downloads/Junior-Day-10---Overarm-Throw.pdf>

Play Hole in One with Chloe and see how many times you can score a Hole in One at home 😊

<p>Skill: Kicking</p> <p>KC - Thinking, Managing self, Participating and Contributing, Relating to others.</p>	<p>Learning Objective:</p> <p>To strike the ball with our feet using control.</p>	
<p>Skill Criteria:</p> <p>Dribbling:</p> <ol style="list-style-type: none"> 1. Keep ball close to your feet 2. Use both insides of our feet 3. Scanning eyes up and down 	<p>Helpful Hints:</p> <p>Kicking:</p> <ol style="list-style-type: none"> 1. Eye on the ball 2. Step and Kick 3. Swing through 	
<p>Activities:</p>	<p>Equipment:</p>	
<p>WARM UP: Traffic Lights</p>		
<p>Children each have a ball and dribbling around using the skill criteria as a reminder.</p> <p>On Green= dribble Orange= jump over the ball back and forth Red= Stop the ball with your foot on top.</p> <p>Progressions: Speedbump= each foot taps the ball on top alternatively (only progress to this step if children are more able – year 2s potentially)</p>	<p>Large ball</p> <p>Cones to set the area</p>	
<p>EXPLORE ACTIVITY: Buddy Pass</p>		
<p>Demo/Explain kicking using success criteria</p> <p>Children need to buddy up with one ball between two One partner kicks the ball to the other from about 3-4m The other tries to stop the ball by stepping on top of it and then tries to pass it back to their partner.</p> <p>Progressions: Each stop = 1 point</p>	<p>Large ball</p> <p>Cones to set out the area</p>	
<p>GROW ACTIVITY: Kick Bowling</p>		
<p>Demo/Explain kicking using success criteria</p> <p>Children need to buddy up with one ball Buddies pick where their tall cones go for a target One partner rolls the ball to the other from about 3-4m The other tries to kick the ball and tries to knock over tall cones targets</p>	<p>Large ball</p> <p>Tall cones (3 each roughly)</p>	

<ul style="list-style-type: none"> • Each cone knocked over = 1 point <p>Progressions: Move target Use opposite/different parts of foot</p>	
<p>GO4it ACTIVITY: Batman and Jokers</p>	
<p>2 teams (Batman and Jokers) Jokers have a ball Jokers dribble around and try to kick their ball and knock the buildings (tall cones) over = 1 pt. Batman looks to replace the buildings Swap after 1 minute</p> <p>Progressions:</p> <ul style="list-style-type: none"> • Use opposite/different parts of foot • Batman's have a ball and can freeze the Jokers if they hit them below knees (potentially week 2 warm up) <p>Mark out a large area with cones</p>	<p>Large ball Tall Cones</p>
<p>Refecation Questions:</p>	
<ol style="list-style-type: none"> 5. Go over the success criteria 6. What can make kicking easier/ harder? 7. What part of the foot do we kick with? 	
<p>GO4it at home:</p>	
<p>https://www.sportbop.co.nz/schools/primaryintermediate-schools/go4it/go4it-at-home/</p> <p>Play the Junior Day 6 Soccer bowling with Cam from our GO4it at home youtube channel ☺</p>	