

Year 1 Run Jump Throw Unit 1 Lesson 1

Learning Intentions

1. Discover ways to move objects quickly.
2. Identifying which ways to move objects is quickest.
3. Experience competition against themselves.

Skill Development: Starting and stopping at speed

Success Criteria

1. I can use quick feet to move beanbags.
2. I can pick beanbags up and place them down quickly by watching the beanbag I want to move.
3. I worked hard to beat my score.

National Curriculum Links

Mastering basic movements skills.

Literacy and Numeracy Links

- L** Deciding and explaining which way was the quickest.
- N** Working to beat the quickest time to complete the task.

Starter Activity

Children run around an area in and out of spaces, avoiding other players. Around the outside of the room, place various throwing items such as beanbags, balls, and quoits (one item per child) in piles. On a command or whistle from the teacher, children need to pick up an item from one pile on the outside, place it down in a different pile, then continue running around.

Children should not throw the item into a different pile; they should place it down. Experiment with different ways of travelling with their item.

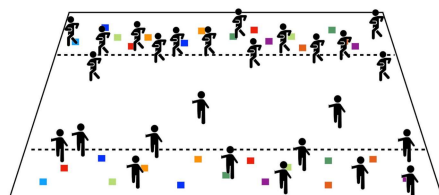
Activity

Grab and run – Set up two lines with cones or use line markings as per the diagram. The playing area should be as wide as possible to allow players plenty of space.

Behind each line place at least one beanbag per person. Split the class in half, team A and B. Each team should spread out behind their line. When the teachers call, children move out and collect a beanbag from behind their opponents' line and bring it back to their own. Play for a set amount of time e.g. 1 minute. After the time is up count all the beanbags, the team with the most beanbags are the winners, reset and play again.

Rules: Can only take one beanbag at a time. No contact with other players. No throwing beanbags into your own area, they must be carried fully in behind the line and then placed down.

Extensions: Must collect beanbag and carry back balancing on the head, balancing on back of the neck, shoulder etc to add challenge.



We are learning...

to start and stop moving at speed.

Teaching Points

Make sure you are alert and ready for when the teacher calls go.

Quick feet to get between the two hoops.

Keep an eye on the beanbag you want to move, just as you would with a ball on the field.

Reach forward with the same hand as your lead foot; i.e. if you step close to the hoop with your right foot, reach into the hoop with your right hand.

Key Questions

1. What way was the quickest to move the beanbags?
2. Do you know of any games that being fast like in this lesson would be helpful?
3. Did you notice any changes in your body after playing the grab and run game at the start of the lesson?

Skill Development

Before explaining the rules for the Assessment for Learning task to the pupils, set up the task and give them the instruction that they need to move the beanbags from the hoop, they are into the empty hoop. Do not give them any other instructions and allow them to experiment.

After they have had a go, ask them to talk about how they transferred the beanbags. Discuss their suggestions and the options below. Allow them to go back into activity. Were they more successful using any of the recommendations?

Running with the beanbags

Throwing the beanbags

Working together with one in each hoop passing the beanbag

Crawling

Balancing the beanbags

Have the children tried any other ways?

Assessment for Learning

Time how long it takes to move all beanbags from one hoop to another, one at a time. Beanbags must be placed into the second hoop and not thrown. Try and beat their time.

Development: Place hoops closer together, use fewer beanbags, or work in a team.

Challenge: Move hoops further apart, introduce a time limit, or use more beanbags.

As this is an AFL lesson, use it as an opportunity to assess pupils' ability. It may be appropriate to move children between teams to gauge how they transition their skills working with higher or lower ability classmates.

