

Year 1 Hit Catch Run Unit 1 Lesson 1

Learning Intentions

1. Use a range of throwing and rolling skills to put the ball in space
2. To be able to move quickly with agility to score points
3. To be able to keep count of the score

Skill

Development: Underarm/overarm throw to select space to throw into

Success Criteria

1. I can throw balls and beanbags.
2. I can score points by moving in and out of a hoop.

National Curriculum Links

Mastering basic movements and skills.

Literacy and Numeracy Links

L Using communication skills to work with others to return a ball to the hoop.

N Keep count of own score and compare the score to others.

Starter Activity + Skill Development

Children each have a ball (these balls can be of varying sizes). Children must roll their ball around the playing area, staying behind it the entire time. Discuss what space is and encourage children to try to roll their ball into space avoiding other children and their balls. Children can swap balls with another pupil so they can experience rolling different types of balls.

1. Were there any differences when you were rolling the different types of balls?
2. What were these differences?
3. How did you identify space and roll to it?

Assessment for Learning

TASK: The aim of this game is for a thrower to throw 3 balls/beanbags into space and then jump in and out of a hoop as many times as possible before fielders retrieve the balls/beanbags back to the hoop. (Thrower throws 1 ball/beanbag per fielder).

- Remind throwers to count how many jumps they complete before the fielders retrieve the ball back to the hoop.
- Position fielders so they do not run into the thrower trying to get past to get their beanbag.
- Swap children around so they play both positions.
- Encourage fielders to work together to throw the beanbag/ball back to the hoop rather than run back.

Development: Play in a bigger area or play with fewer fielders.

Challenge: Thrower could hit from a button cone or self-feed or make playing area larger.

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.

We are learning...

to select a space to throw or roll a ball into.

Teaching Points

- **Rolling:** Step forward with the opposite foot to arm rolling the ball. Point your hand in the direction of where you want to ball/beanbag to go.
- **Underarm:** Similar to rolling, step forward with the opposite foot to arm throwing. Try not to throw the beanbag/ball too high. Finish with your arm pointing in the direction of the target.
- **Overarm:** Stand side-on, looking at where you want to throw. Step forward with the opposite foot to the throwing arm. The throwing arm comes across the body towards the target.

Key Questions

1. Can the fielders think of any tactics to make retrieving the beanbags quicker?
2. Where should the thrower try to throw to get maximum points?

