

Year 1 Attack Defend Shoot Unit 1 Lesson 1

Learning Intentions

1. Practice throwing at targets accurately
2. Pass a beanbag between pairs with some control
3. Explain/show ways you can pass a beanbag/ball to a partner

Skill Development: Sending to targets

Success Criteria

1. I can throw a beanbag either underarm or overarm at a target.
2. I can step forward in both types of throwing.

National Curriculum Links

Mastering basic movements and skills

Literacy and Numeracy Links

L Using communication skills to work with a partner to throw to a hoop
N Summing up the total of beanbags in hoops at the end of the timed games

Starter Activity

Flush the Toilet— Pupils move around the area, avoiding other pupils. One/Two people are the taggers. If they tag someone, that pupil becomes a toilet. The ‘toilet’ needs to kneel on one knee and put one arm up in the air. Free players sit on the toilet and flush the chain by pulling the arm of the toilet down to release them. (Remind pupils to be careful when sitting on the toilet!).

Skill Development

Practice throwing into a target such as a bucket or hoop or this could be in pairs, and the target is their partner – using rolling, overarm and underarm techniques.

- Teacher to remind and demonstrate these techniques to the pupils.
- Children use their imagination when practising the different techniques. They can pretend that they are playing with an egg and if the egg is dropped it will smash over on the floor.

Extension: Change the types of balls being thrown and rolled. Increase the distance of the target. Make the target smaller.

Assessment for learning

Split the class into pairs. Split the beanbags between the two teams (minimum one beanbag each). The aim is to throw your beanbags into the opposition’s hoop whilst the other pair try to toss beanbags into your hoop. The teams must throw from behind their hoop (see diagram). When beanbags land in your hoop, you need to get them out and throw them back into your oppositions hoop. Time the game – when the time is up, the pair with the fewest beanbags wins. Swap opponents and repeat the game.

Extension: Merge groups so that they are playing now against two other pairs, 4 v 4. You can only take beanbags out of your hoop to throw (or beanbags that did not make it to a hoop). Pupils must also only throw from behind their hoops.

Challenge: Increase the distance of the hoops. Change beanbags for soft balls

We are learning...

to hit a target.

Teaching Points

Rolling: Step forward with the opposite foot to arm rolling the ball, face the palm of the hand in 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 arm pointing in direction of the target.

Overarm: Stand sideways on, look at where you want to throw, step forward with the foot opposite throwing arm, throwing arm comes across the body towards the target you are throwing.

Key Questions

1. How can you improve throwing into your opponent’s hoop?
2. Which throwing technique are you using?
3. Which throwing style did you like the best?
4. How can you work with your partner to have the least amount of beanbags?

