

Year 1 Hit Catch Run Unit 1 Lesson 2

Learning Intentions

1. Able to collect a moving ball from along the ground.
2. Able to return the ball back to base/zone.

Skill Development: Track and return ball

Success Criteria

1. I can track and return a moving ball.
2. I can return a ball back to a base using rolls and throws.

National Curriculum Links

Mastering basic movements skills

Literacy and Numeracy Links

- L** Discuss with a partner ways to stop the ball travelling along the ground.
- N** Estimate how hard to roll a ball before it hits the end of the playing area

Starter Activity

Children move around in the playing area. Encourage them to move in and out of space. Give five children a ball each. On a command from the teacher, the children must stop and the children with the ball must choose a classmate to roll their ball to. After a few attempts of rolling the ball, ask the children to now use the underarm throw technique to throw their ball to another pupil. Encourage children to use the techniques from the last lesson to maintain accuracy for the pupil they are throwing to. They should also say the name of the pupil they are rolling/throwing to.

Activity 1

In threes, give pupils' channels that they can work in. You can mark out these channels with cones.

TASK

- 1) Children need to roll the ball directly to each other, practising stopping the ball as it is coming towards them.
- 2) Children start at the same end as each other. One player rolls the ball for the other to chase, stop and roll it back.
- 3) Player faces forwards. One player rolls the ball from behind the chasing player. As soon as they see it roll past them, they must chase the ball and roll back to the player.
- 4) Play piggy in the middle. One player will stand in the middle of the channel. The two other players must try to roll the ball past the player in the middle. If the player in the middle stops the ball, they swap with a player on the outside.

N.B—Ask children to keep count of how many successful stops they made in the task. Remind children to roll at a speed so that the chasing child can catch the ball before it hits the end of the playing area. Ensure all three players rotate so they all practise retrieving the ball.

Skill Development

We are learning...

to track and collect a rolling ball.

Key Questions

1. Why should you try to overtake the ball when trying to retrieve it?
2. Which were the more difficult ways of stopping the ball?
3. Which were the easier ways of stopping the ball?
4. What did you need to try and do when rolling the ball past the person intercepting the ball in the middle?

Discuss with children the different techniques they have been using to track and stop the ball.

- Children should try to overtake the ball to stop it if they are tracking.
- Ask children to go back into their channels. This time, when a player rolls the ball, the other player chases the ball but MUST overtake the ball to stop it.
- Re-play the four challenges again, thinking about overtaking the ball to stop where possible.

Activity 2

Replay starter activity from lesson 1. Children roll their ball around the playing area, always staying directly behind it. This time, have the children roll the ball and overtake the ball to stop it.

Remind children of the health and safety points of this game: try to roll your ball to space so you don't bump into any other children, and watch where others have rolled their ball. It may be you wait a few seconds until they have retrieved their ball before you roll yours again.