

Year 1 Attack Defend Shoot Unit 1 Lesson 2

Learning Intentions

1. Experiment catching a variety of beanbags and different sized balls
2. Recognise how to intercept a ball or beanbag
3. Use basic defensive technique

Skill Development: Intercepting and defending

Success Criteria

1. I am able to use basic defending skills to defend a target.
2. I can show a defensive body position.

National Curriculum Links

Mastering basic movement skills and beginning to develop simple tactics for defending

Literacy and Numeracy Links

- L** Use listening skills to respond to numbers being called by the teacher.
- N** Able to sit back in correct order after being the defender/attacker.

Starter Activity

Tom and Jerry

Pupils need to be in pairs. Ask them to choose who is going to be Tom and who is going to be Jerry. Jerry needs to lead, whilst Tom chases Jerry around the playing area into space avoiding other Toms and Jerrys. Tom needs to try and stay with Jerry. Swap so both pupils get the opportunity to be Tom and Jerry.

Activity

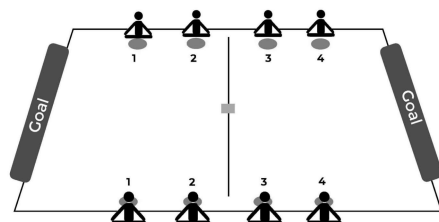
Numbers Game

Put pupils into pairs and sit them opposite each other on the edge of a playing area with a target/goal on each side. Use cones to show pupils where to sit. The pupils should sit in two lines as per the diagram. Set this game up a few times, so pupils get lots of opportunities to play. Number the pairs 1, 2, 3, 4, etc. When the teacher calls out number 1, the number 1 pair jump up and one of them tries to shoot at the other's goal/target whilst they try to defend. Balls can either be placed on the middle line or fed in once numbers have been called.

Development: Use a variety of different balls for the different learners dependent on ability. Slower balls such as a beach ball will be easier for pupils to defend.

Challenge: Make the goals smaller

Extension: Call two numbers at a time, and they must make a pass before they can shoot at the goal.



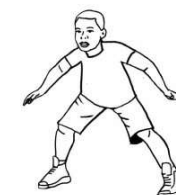
We are learning...

to defend a target.

Teaching Points

Defensive positioning

- Ensure pupils are standing in the middle of their goal, so they can try to defend both sides.
- On toes, knees bent ready to move
- hands out and fingers spread ready to stop the ball
- Sometimes it may be easier to try and stop the ball on your feet



Key Questions

1. How can you defend your goal?
2. What kind of ways are you going to use your body to defend?
3. Where is a good place to stand to defend in relation to the goal?

Skill Development

- Stay sitting as in the Numbers Game. Discuss with pupils what they need to do to be able to defend their cone/goal. Ask them to show you a good defensive position. Get them to observe what they are doing with hands and feet.
- Playing opposite their partner in their lines, give one pupil a beanbag. The student must try to slide the beanbag onto the opponent's cone. The opponent should use a defensive position to try to stop them.
- Return to the Numbers Game, encouraging pupils to think about how they are defending.