

Year 1 Hit Catch Run Unit 1 Lesson 3

Learning Intentions 1. Catch over a short distance to stop players from scoring points. 2. Work with other fielders to stop players from scoring. Skill Development: Catching	Starter Activity Players move around the playing area. Each player has a bean bag or ball. They begin by throwing the beanbag/ball to head height and catching it again. Remind children to watch where they are going so that they do not bump into other children. Progression: This time, players run around with the beanbag/ball in their hands. On command by the teacher, they must stop and swap beanbags/balls with another pupil. The teacher can build progression of this pass.... a) passing hand to hand b) rolling/sliding along the ground c) underarm throwing.	We are learning... to catch a ball to stop an opponent from scoring.
Success Criteria 1. I can catch the ball to stop players from scoring points. 2. I can work with other players to make it hard and stop players from scoring points.	Skill Development Hot potato In groups of approx. 5/6, players stand in a circle. Starting with a larger ball – the hot potato! – the children pass the ball around the circle in any order from player to player. If a player drops the ball they should quickly retrieve it and then pass the ball to their right, counting down from ten to zero each time the ball is passed. The player that has the ball on the count of zero loses that game. Allow all children to play the game a few times. The player who has the ball on Zero should perform a forfeit such as 5-star jumps before starting again! Progression: Use a smaller ball to make it harder to catch, or make the circles bigger so the distance to throw is bigger.	Teaching Points • This game needs all players to be alert and ready to catch the ball. • Encourage the children to use their communication skills to encourage the other fielders to try and beat the runner. • Swap the fielders and runners so children get a chance at both roles. When player A has thrown the ball, they need to run and make it around the outside of the circle while the children in the circle need to pass it all the way around to beat player A back to the beginning. Catching • Watch the flight of the ball all the way into your hands • Have hands out ready to receive the ball • Absorb the power of the throw into your body • Wrap hands and fingers around the ball so it does not bounce away
National Curriculum Links Mastering catching skills with a variety of balls and beanbags.		
Literacy and Numeracy Links L Use communication skills to field with other players. N Counting backwards from 10.	Activity 1 Ring Pass 1. Children stand in a circle. One player will be the runner and the other players will be the fielders. 2. Player 1 throws the ball to the player next to them and then has to try and run around the outside of the circle trying to get back to their spot. 3. While the player is running around the outside, the fielders in the circle need to try to pass the ball around the entire circle in an attempt to beat the running player	

back to their spot.

Challenge: Use smaller balls so it's harder for fielders to catch or make the circle bigger.

Development: Runner has to run twice around the circle or use a bigger ball.

Activity 2

To end the lesson give children a small foam ball to practice individual catching challenges, try from the list below

1. Drop the ball on the floor and catch it
2. Bounce the ball off the floor and catch it
3. Throw the ball in the air and catch it
4. Throw the ball against a wall and catch it
5. Kneel on one knee and throw the ball and catch it
6. Kneel on one knee and drop the ball and catch it
7. Swap knees

Key Questions

1. What do all fielders need to do to try to beat the running player?
2. Which types of throwing and catching skills are you using?
3. What tips can we use to help us successfully catch the ball?