

Year 1 Hit Catch Run Unit 1 Lesson 4

Learning Intentions

1. Attempt to hit an object with the hand.
2. Self-feed and hit the ball.
3. Describe the movements needed to hit successfully.

Skill Development: Feeding movement and body position.

Success Criteria

1. I can feed the ball to myself to hit.
2. I can hit a moving ball with my hand.
3. I can send the ball in the direction I want.

National Curriculum Links

Begin to explore hitting skills needed in hit, catch and run games.

Literacy and Numeracy Links

L Communicate with other children to gather and throw balls collaboratively.
N Work together to gather and count balls in 'Not in My Back Garden' game and keep score on target activity

Starter Activity

Not in My Back Garden

Split the playing area and class in half. Half of the class play on one side of the hall and the other half on the other side. Give both sides lots of sponge (or soft) balls.

This is a timed game (you determine the time limit). The aim is for each side to clear their 'garden' by throwing all of their balls over to the other side of the hall whilst the other side is doing the same. Players cannot cross over the middle line. When the teacher calls time, the children must freeze with their hands in the air (no more balls should cross over).

Children must now gather and count their balls—the team with the least in their 'garden' is the winning team.

Skill Development

In pairs, children stand a few metres apart. Using a small foam ball, children self feed the ball by throwing it up slightly with their non-dominant hand and try to hit the ball to their partner. You can increase the distance to make it harder for the players.

See video resource.

Activity 1

Put children into small groups and set out a series of targets for them to hit (as per diagram). Each target will be worth a different number of points. Children should try to keep count of their scores. If children struggle to self-feed and hit the ball they can hit the ball off a button cone or tee or simply throw the ball underarm.

We are learning...

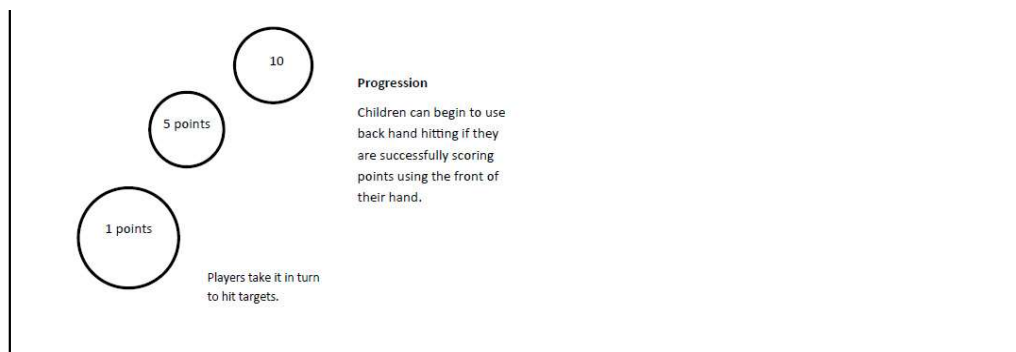
to use our hands to hit a ball.

Teaching Points

- Encourage children to use a side-on stance when feeding the ball.
- Follow through with their hitting hand.
- The hitting hand should end up aiming at the target.
- Children shouldn't throw the ball too high.
- Never take their eyes off the ball.

Key Questions

1. What position should we use when hitting the ball?
2. Why is it harder to hit the targets further away?
3. Is it harder to use the front of your hand or the back of your hand to hit targets?



Activity 2

Return to 'Not in My Back Garden'

1. Play with children trying to self-feed and hit the ball with their hand over the middle rather than throwing.
2. Encourage pupils to continue using the correct technique to hit.
3. Children could also try to catch the ball and hit it over.

Activity 3

Individual Challenge

- Show the children how to do 'hand keep ups' see the video. Challenge them to make as many consecutive eep ups as possible. Tap gently to begin with keeping the height of the ball low.
- Now try the one-handed bounce using their dominant and non-dominant hand (see vide0)