

Year 1 Attack Defend Shoot Unit 1 Lesson 4

Learning Intentions

1. Score points by throwing a beanbag or ball into an opponent's hoop
2. Demonstrate simple defending to stop beanbag/ball going into hoops
3. Describe how they threw the beanbag and how they defended their hoop

Skill Development: Attacking and Defending

Success Criteria

1. I can use basic attacking and defending skills.
2. I can use throwing skills to score goals.
3. I can use defensive body positions to defend my goal.

National Curriculum Links

Mastering basic attacking and defending movements in a small competitive game

Literacy and Numeracy Links

L Students can describe how they defended a goal.

Starter Activity

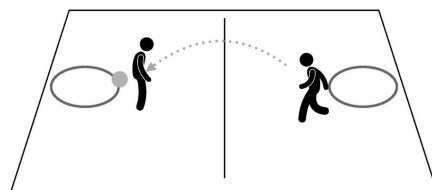
Beans – Pupils run around a marked area listening to a range of different ‘beans’ that they will need to act out.

- Jelly Bean – Wobble body like jelly
- Frozen Bean – Freeze
- Baked Bean – Make a small round shape on the floor
- Runner Bean – Continue to run in the marked area
- String Bean – Stretch arms up as tall (stretched) as possible

Skill Development

Set out Assessment for Learning

Recap how to throw at a target and how to defend. Give pupils an opportunity to practice throwing into the hoop without defenders. Have 5 shots each and then swap over.



Assessment for Learning

Pupils are put into pairs and positioned approximately 2m apart with a hoop and a defending line each (see diagram above). The game aims for one pupil to try and throw their beanbags into their opponent's hoop whilst their opponent tries to defend. Once they have thrown all of their beanbags, swap roles. The defender will now be the attacker and vice-versa.

Development: Use larger hoops or make a larger target area. Add two hoops instead of one.

We are learning...

to shoot in a game to get points.

Teaching Points

- Discuss with pupils different ways they can try to score into the hoop. How might they try to trick their opponent? Encourage them to use the correct under-arm technique, following through with their throwing hand. Can pupils try to create space with movement to score a point?
- Ensure defenders are showing a good defensive position, ready to try and defend their hoop. If their opponent moves to create space are the defenders following them?

Key Questions

1. What challenges did you overcome when trying to shoot?
2. Can you show how you stood in preparation for defending?
3. What games/sports where players have to defend and attack?

N Pupils can keep count of how many beanbags successfully go into the hoop.

Challenge: Make target area/hoop smaller or move hoops further away.

Extension: Play 2 v 2 with two hoops to defend. Place the hoops side by side, on a diagonal or one behind the other. One team are the attackers and one the defenders, taking turns with 3 balls. Now play an 'open game' with one ball. Both teams can attack and defend. Pairs must make one pass before they can attempt to shoot. If a player intercepts a shot on goal, they can immediately counterattack.

As this is an AFL lesson, use it as an opportunity to assess pupils ability. It may be appropriate to move children between teams to gauge how they transition their skills working with higher or lower ability classmates.

