

Year 1 Run Jump Throw Unit 1 Lesson 5

Learning Intentions 1. To explore and refine basic agility, balance and coordination skills. 2. Perform and show improvement. Skill Development: Work collaboratively to improve	Starter Activity Beans – Children respond to different commands from the teacher: • Jelly Bean – Wobble like jelly • Runner Bean – Run around the playing area • Frozen Bean – Freeze • Jumping Bean – Jump around • Baked Bean – Get into a small ball on the floor	We are learning... to show improvement in our throwing.
Success Criteria 1. I can balance objects and move at speed to score points. 2. I can move quickly between objects. 3. I can suggest ways to get better and listen to other's ideas.	Activity ABC's – Set up the 8 stations below for children to work through in small groups. Run through the tasks demonstrating what to do, then give children the opportunity to practice. In all tasks, the children need to try and complete them as many times as they can in a set time limit. After time expires, rotate players around the tasks. 1. Balance: In a relay style, the first player should balance a beanbag on their head, run to a designated cone and back, then pass the beanbag onto the next player in the line. 2. Agility: Set out cones in a random pattern. The first player has to turn over all of the cones, run back to the next player and give them a high-five. The next player runs out to turn them all back Repeat until time expires.  3. Co-ordination: (Over and Under): Children stand in a line. The first player passes a ball overhead to the second player behind them. The second player passes it to the third player under their legs. When the ball reaches the player at the back they must run to the front and start it over again. 4. Balance: The first player must hop out on one leg to a cone then hop back on the other leg – high five the next player, who repeats the sequence. 5. Agility: Set up a slalom of cones that children need to dodge in and out of as quickly as they can, going up and back. After finishing the slalom, children high-five the next player for their turn.	Teaching Points Try and encourage children to use words that will help them describe improvements that can be made such as • Speed • Balance • Pass • Ready • Quickly • Watch • Stop • Start • Handle • Drop • Collect • Turn
National Curriculum Links Mastering basic movements and skills.		Key Questions 1. How did you work as a team to improve your scores? 2. Can you name one way you tried to improve to help your team? 3. Which worked on balance, agility and coordination?
Literacy and Numeracy Links L Discuss ways to improve performances. N Keep track and remember scores on different tasks.		



6. Co-ordination: Children should throw a beanbag or ball at a target. The target could be a cricket wicket, target cones, or an area marked out with cones on the floor.

7. Agility: Children must sidestep out to a designated spot and back as quickly as they can. **Challenge Option** – Add a slalom course of cones.

8. Co-ordination: Children now pass the ball to their side, similar to 'over and under'. The first player passes to the left, next player to the right, etc.

Challenge – Use smaller balls.

Skill Development

Stop children and discuss ways they can work together to help improve their scores on the activities. Could they be more encouraging? Could they ensure they pass the ball on to the next players' hands? Give them an opportunity to discuss together and as a teacher-led discussion.