WARM-UP

(i) Children copy the teacher making stretched shapes.
Move gently in and out of each other using all the space.
(As children get confident, move in different ways at different speeds.)

(ii) Remember how we ran forwards, **carefully** backwards looking over our shoulders, and galloped sideways last lesson? Practise all those different ways on your own, carefully looking where you are going.

(iii) BEANS Warm-up ...

RUNNER BEANS	=	running
BROAD BEANS	=	stand in a wide stretch
JUMPING BEANS	=	jumping two-footed
BAKED BEANS	=	Curl up small on the floor.

(Teacher calls out the different beans and the children respond.
This should be a lively and energetic activity.)

SKILL DEVELOPMENT

(i) Collect a beanbag, quoit or small ball each. Practise throwing and catching, then with a ball bouncing downwards - standing still and on the move
*(walking or moving in **different ways**).*

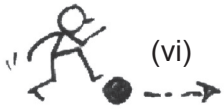
(ii) Choose a medium or large **ball** to throw and catch and then throw and catch "on the move".

(iii) Put the ball on the floor and dribble or steer it about the playground with your hand. STOP and change direction.
*(Encourage them to steer with the **other** hand also)*

(iv) Place the ball on the floor and walk along keeping the ball close to your feet.
Can you stop the ball by putting a foot on top of it?
Dribble and STOP and change direction.
(Repeat several times, responding to a signal from the teacher)

(v) Dribble with feet and play TRAFFIC LIGHTS ...

RED	=	stop
AMBER	=	walk and dribble
GREEN	=	gently run and dribble.



(vi) Kick the ball a little way, run after it, overtake it and stop it with your foot on top.
*(Emphasise that the ball **must** be under control - a **short** distance kick!)*

GAME ACTIVITY

(i) TARGET KICK
Stand with a partner *(ask them to number themselves No.1 and No.2)*
No.2 sits down and No.1 puts away his / her ball and takes out two markers
(these could be cones, domes, beanbags etc.)

Start with the markers two "big steps" apart - smaller space = harder target.
Can they gently kick the ball between the markers to their partner who stops it before kicking it back.

(ii) If you can do this six times without missing, you can move a bit further away and repeat it. *(**N.B. Organisation:** If you are working in a limited space make sure children are all kicking in the same direction i.e. in alignment - see p13.)*

CONCLUDING ACTIVITY

(i) Line up in your colour corner. Leader take your line for a slow walk without bumping into anyone.

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