



Year One



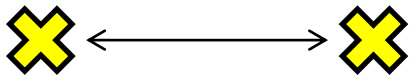
Day of the Week	Activity
Monday	Paired catching – Raid the Castle!
Tuesday	Assault Course!
Wednesday	Empty vs Fill
Thursday	The Golden Ladder
Friday	BBC Sport 'Supermovers' 'Just for Fun'

Monday – Raid the Castle

Raid the Castle: The Treasure Hunt

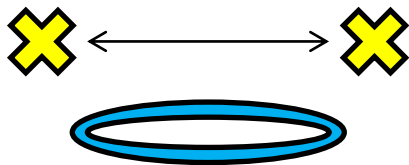
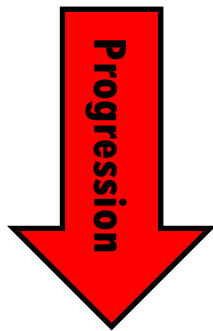
A fun, engaging catching activity





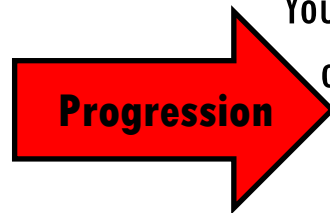
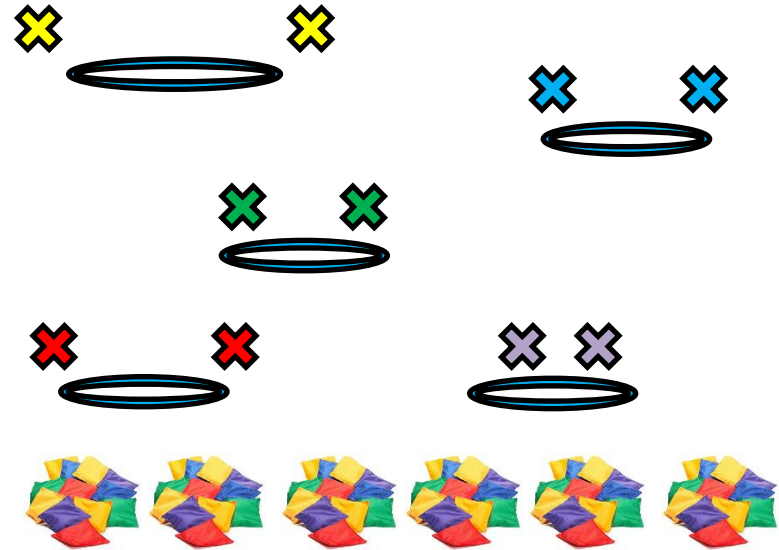
Start by catching in pairs

Start with bean bags (or rolled up socks) then progress to large soft balls



Every time you manage to complete 10 throws without a step, both players must take a step back!

So now your ready to play 'Raid the Castle' against the clock. You must stay the same distance apart!



You have stormed a castle full of treasure. Make a pile of rolled up socks (this is the treasure). To take a piece of this treasure for yourselves you must throw it

between each other without dropping it in the moat 10 times. If you manage to hit that target you get to keep the treasure, get another and try again! Set a time limit and see how many pieces of treasure you can get!

How do I do that?

What do I need to learn?:

Throwing for accuracy

When throwing for accuracy it is best to throw under-arm, with a slight bend in the knee. On release the children should point their fingers at their target, moving their arm in a steady motion



What do I need to learn?

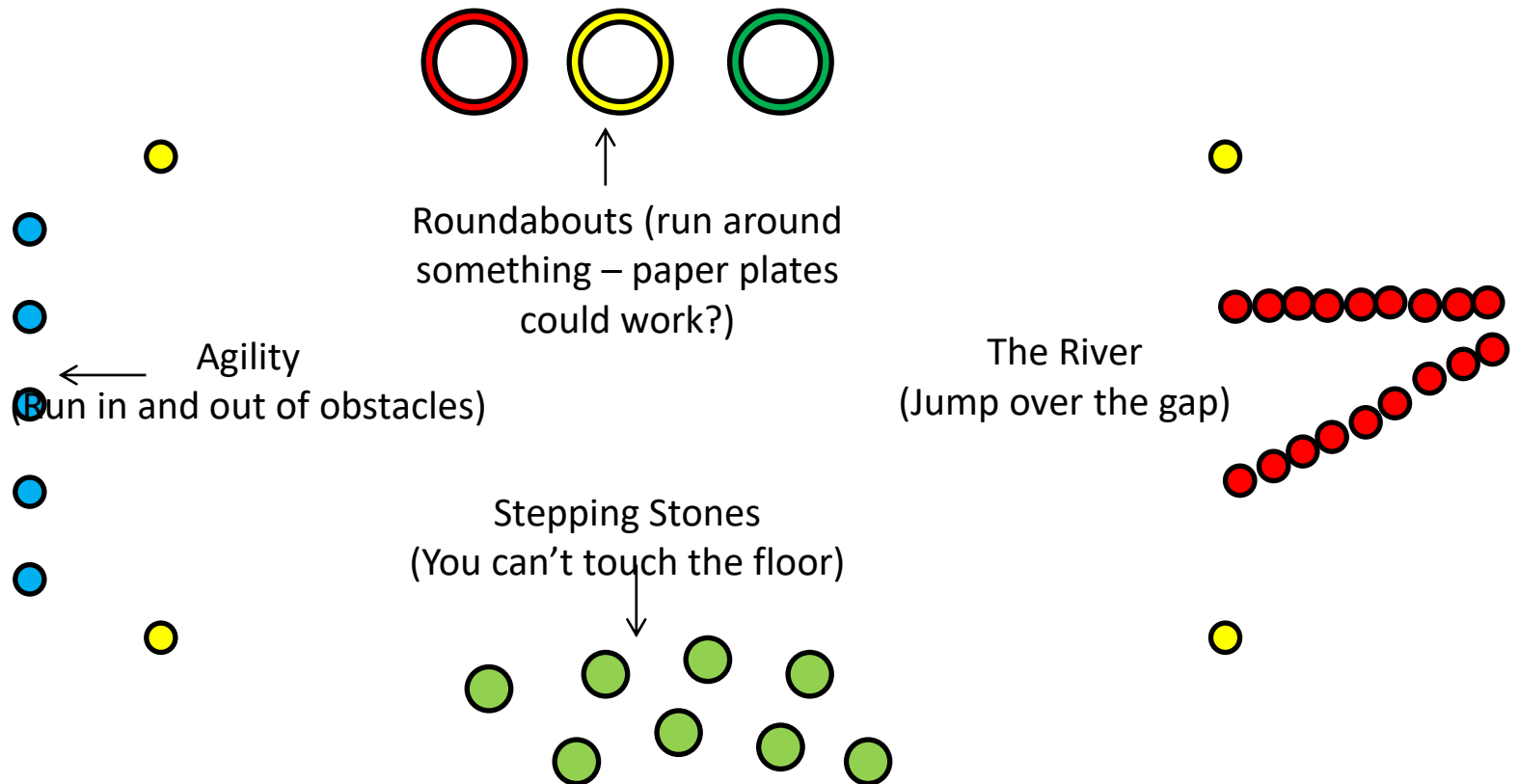
When stopping/catching it is important that the children place their hands close together. Fingers apart and outstretched, soft hands.

When using larger balls (as an Introduction) encourage children to keep hands close to their chest!



Tuesday – Assault Course!

- Split the amount of people that want to play by 2 or 4, and send each team to a corner.



Wednesday – Empty vs Fill

You'll need to find someone to play against!

One player takes the role of 'empty' and the other 'fill'.

You'll need something empty – a box or a bucket. Roll up about 8/9 sock balls.

Around your bucket try and mark out the perimeter of the pitch.

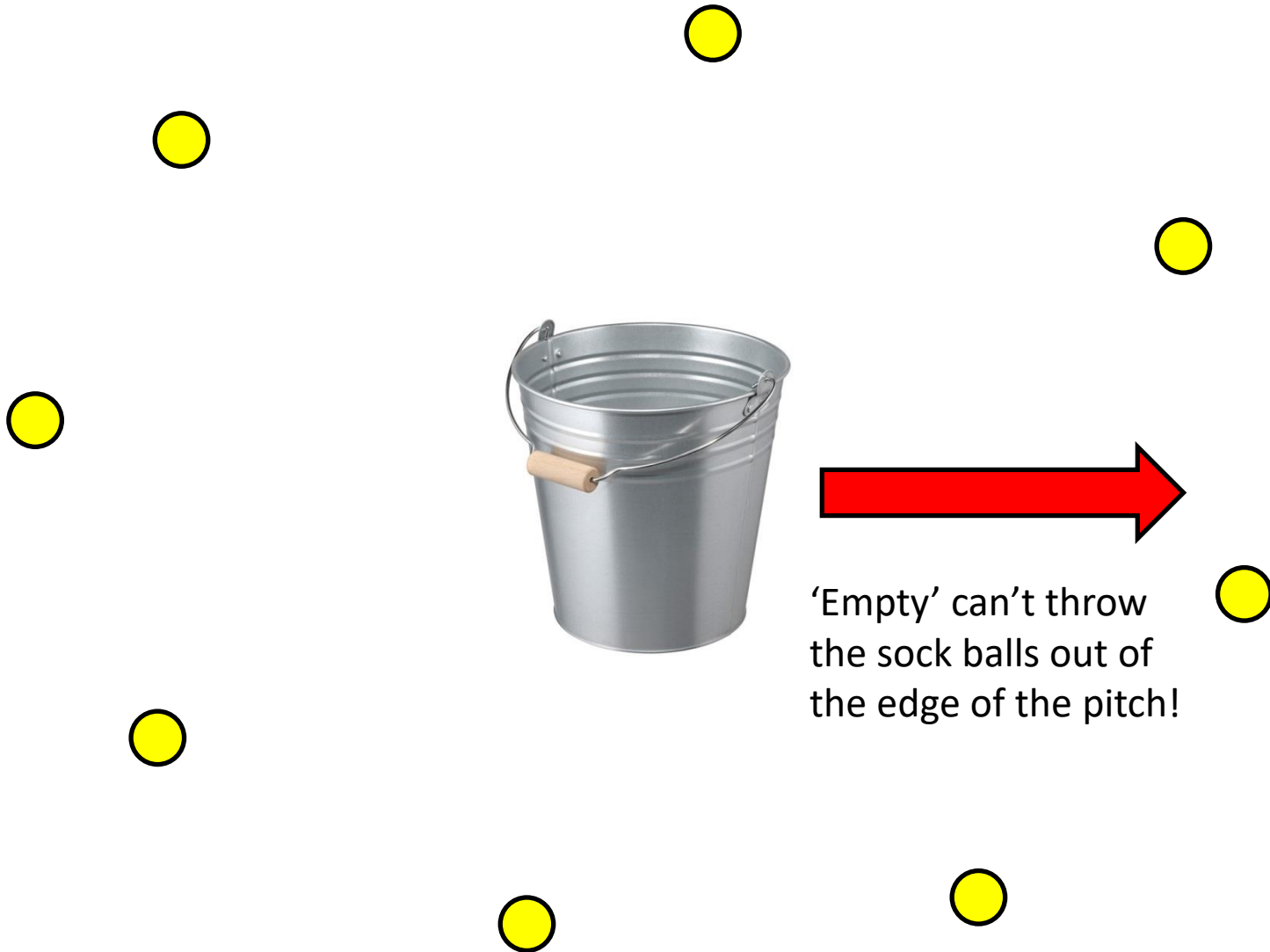
Set a timer (start with a 30 second game)

Put all of the sock balls in the bucket. 'Empty' tries to empty the bucket (they can't throw the sock balls pass the perimeter of the pitch) whilst 'Fill' tries to put them back in!

This is both silly and simple, but it will help your child develop spatial awareness and begin to consider where to aim shots to ensure success.

Oh and no knees allowed on the floor!

Empty vs Fill



'Empty' can't throw
the sock balls out of
the edge of the pitch!

Thursday – The Golden Ladder

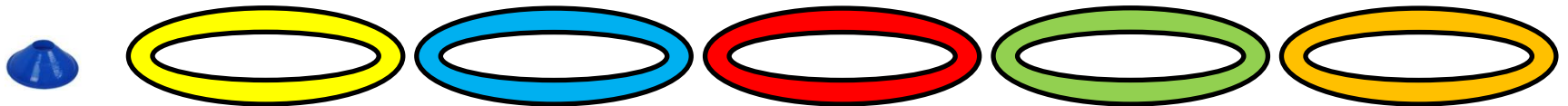
This is a shooting game!

You'll need to pick some targets – at School we use hoops. Line them up equally spaced out. Throw from the starting point at Target 1 first.

If you hit Target 1, move to Target 2 and so on.....

The winner is whoever gets the top of the ladder first!

If you miss a target – you must go back to the start!



How do I do that?

What do I need to learn?:

Throwing for accuracy

When throwing for accuracy it is best to throw under-arm, with a slight bend in the knee. On release the children should point their fingers at their target, moving their arm in a steady motion



Friday – BBC Sport ‘Supermovers’ Just for Fun

- Happy Friday!
- Visit -
<https://www.bbc.co.uk/teach/supermovers/just-for-fun-collection/z7tymfr>
- Pick a video that interests you and have fun!
- My favourite is the Match of the Day one or Dangermouse!



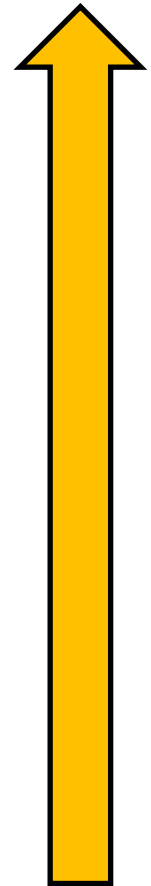
“I can do that.... What’s
next?”

Progressions: Balance

- Children can maintain balance when performing a task on one leg (this applies when static or when moving) (Develop through setting challenges where children must perform tasks on one leg. I.e – Throw and catch bean bag with alternate hands on one leg – Individual or as pairs)
- Children can maintain their balance whilst standing on one foot (Set time challenges, use apparatus to focus children. Encourage the children to look at something that is level with their eyes – ears govern our balance! Some children will initially find it easier balancing with a bend in their knee, allowing the Quadriceps to contract slightly and control their body)
- Children maintain their balance whilst standing in a stationary position and performing a task (2 feet) (Develop by asking children to balance a bean bag on their shoulder>back of hand>head>on head whilst holding arms out and touching nose with one hand)
- Children maintain balance when standing in a stationary position on the floor (2 feet) (Develop this skill through activities involving a 'freeze' OR ask children to balance objects on particular parts of their body. I.e - Bean Bag/Cone)




As children develop their balance, ask them to hold their limbs further away from their core!



Increase in
Complexity
of Skill

Progressions: Catching

- 
- Standing — Using two **bean bags!**
 - Standing — Practice catching with a **medium sized ball**
 - Resting on knee's — Practice catching with a **medium sized ball**
 - Sitting — practice catching with a **medium sized ball**
 - Standing — Practice catching with a **bean bag**
 - Resting on knee's — Practice catching with a **bean bag**
 - Sitting — practice catching with a **bean bag** (doesn't roll away!)

Individual


- Standing — Using two **bean bags!**
- Standing — Practice catching with a **medium sized ball**
- Resting on knee's — Practice catching with a **medium sized ball**
- Sitting — practice catching with a **medium sized ball**
- Standing — Practice catching with a **bean bag**
- Resting on knee's — Practice catching with a **bean bag**
- Sitting — practice catching with a **bean bag** (doesn't roll away!)

In Pairs

- Large group working in a set space, one child acts as the DEF, the rest keep **ball** away from DEF
- Standing in a circle, no adult in the middle, practice catching with a **medium sized ball**
- In a circle, no adult in middle, practice catching a **bean bag**
- Standing in a circle, adult in the middle, practice catching with a **medium sized ball**
- Standing in a circle, adult in the middle, practice catching with a **bean bag**

In a Small Group

Increase in
Complexity
of Skill

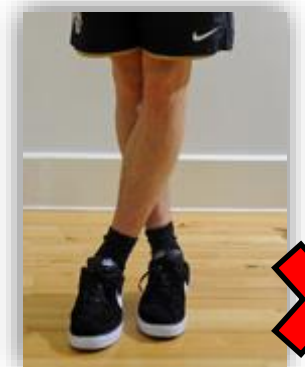


Progressions: Running & Stopping

- Children maintain balance when moving fast in all directions & changing directions. Children react to variables and maintain balance whilst moving in a range of directions and stopping with competency (**Development would now begin to integrate other factors such as another FMS – Kicking, Catching, Throwing, Jumping etc**)
- Children maintain their balance when changing direction in a regimented fashion, show an understanding that not crossing legs when changing direction helps them to maintain balance (**Development would then focus on activities/games requiring children dodging, chasing, avoiding moving objects/people**)
- Children maintain their balance when moving forwards, show an understanding that bending at the knee helps them to stop quickly. Struggle to maintain balance when changing direction in a regimented fashion (I.e Running in & out of cone slaloms)
- Children show a clear in-balance when moving forwards at any pace faster than walking. Need to numerous steps when coming to a stop (**Development would focus on lots of activities/games requiring straight line running**)




When changing direction
DON'T cross your feet!



Increase in
Complexity
of Skill

Progressions: Throwing

- 
- Can utilise the over-arm throw to throw to a target/area with moderate success (a greater distance away)
 - Begins to use the over-arm throw to throw over a greater distance
 - Can throw objects under-arm to targets 3-4 metres away with moderate success
 - Can throw objects under-arm to targets 1-2 metres away with moderate success
 - Can throw objects under-arm in a general direction with a degree of success (i.e – Forwards)

Individual

- Can utilise the over-arm throw to throw to the chest with moderate success (a greater distance away)
- Begins to use the over-arm throw to throw over a greater distance (close to partner's chest)
- Can throw objects under-arm to chest 3-4 metres away with moderate success
- Can throw objects under-arm to chest 1-2 metres away with moderate success
- Can throw objects under-arm in a general direction with a degree of success (i.e – Towards their partner)

In Pairs

- Children select appropriate types of throw, reacting to changing situations in game play successfully (bounce pass to avoid defender)
- Children can use teaching points to successfully complete different types of throw on command
- Children can list the teaching points of different types of throw (I.e – How to perform a chest pass/bounce pass)
- Takes part in activities using one type of throw

Activity specific

Increase in
Complexity
of Skill

