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| ***Class: Year 5&6*** |
| ***Lesson: Developing Skills*** |
| ***Lesson Objective:***  To develop and explore their range and consistency of their skills in net and wall games and exercises. |
| ***Resources: Hoops, Balls, Cones.*** |

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| ***Warm Up:*** Having the kids in groups, they must all stand in a boxed area with a hoop in the middle. They will perform different types of throws such as two-handed under/overarm, one-handed, bounce pass, chest pass, overhead etc. This will test the children to see what they need to work on and what they excel at.  **Coaching Points:** Make sure to let the kids know that the ones they struggle at are the best ones as it gives them a chance to improve and claim a small victory. Be sure to demonstrate as much as possible the best techniques to achieve these different throws.  ***Safety Points:*** Make sure kids are doing it correctly and not throwing the ball at each other or too hard to hurt others. |
| ***Main Activity:***  Moving from the warm up, children will move into a team game of hand tennis. Using the benches and cones as nets for different skill levels, children will need to return the ball after one bounce on their side. As the game progresses, a hula hoop will be placed in the middle of each side and a point will be given every time the ball lands inside the hoop. A hoop being added will not only add a rewarding element but will also emphasise the target area element of Net and Wall in PE.  **Coaching points:** Encourage movement, teamwork and communication. Demonstrate beforehand how a rally should look.  ***Safety Points:*** *Make sure kids are aware of their personal space and make sure they are not too close to the benches or cones.* |
| ***Warm Down***:  Children will discuss and demonstrate different Net and Wall sports and what makes it a Net and Wall sport compared to other sports.  **Coaching Points:** Make sure they are able to identify the differences through actions.  ***Safety Points***: |
| ***Plenary:*** |

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| RED: |
| AMBER: |
| GREEN: |