

Classroom PE KS2

KS2



Learning objective:

To develop hand eye co-ordination.
To develop throwing and catching skills.

Success criteria:

Watch the ball as it comes towards you.
Stand in the ready position so that you can move quickly to return the ball.

Whole child objectives:

Emotional: I can play honestly and abide by the rules.
Social: I am respectful of others when winning and losing.

Equipment:

7 x Balls
14 x School tables

10

Mins

Warm Up and Introduction

10 - 1:

Pupils begin standing in their own space in the classroom.
They complete the following exercises on the spot. Complete 10 of each, then 9, then 8 etc until you get to 0.

- Star jumps
- Arm circles
- Squats

Perform each action with control.

Teacher note: ensure the tables have space around them and that chairs are stored safely.

30

Mins

Skill development

Sending and receiving:

Push two school tables together to make a square. Pupils work in groups of four with one ball between them. They each stand at one corner of the table.

A Pass the ball clockwise around the table. When the teacher says 'change direction', throw anticlockwise.

Use one hand to throw and two hands to catch.

Make this easier by using a beanbag.

C Pupils pass the ball to anyone in their group in any order. Pupils complete a trick with the ball before passing it on such as bouncing it on the table, throwing it from one hand to the other, throwing it under their leg etc.

Stand with your feet shoulder width apart in the ready position so that you are ready to catch it.

B Pass the ball around the table. This time, every time a pupil catches the ball they throw it up to themselves before passing it on.

Make this harder by clapping before you catch.

D Pupils bounce the ball to anyone in their group by bouncing the ball on the table. Throw with enough force for the ball to bounce to shoulder height of the receiver but no higher.

Make this harder by throwing the ball quicker.

Make this easier by using a bigger ball.

Bounce and squat:

Pupils bounce pass the ball to anyone in their group. After they pass the ball they must complete two squats. Pupils are not allowed to pass to a pupil whilst they are completing the squats.

Encourage the pupils to consider changing the speed of their pass to give their team time to complete the squats.

Make this harder by challenging the teams to see how many passes they can make without making an error.

Make this easier by specifying only one squat.

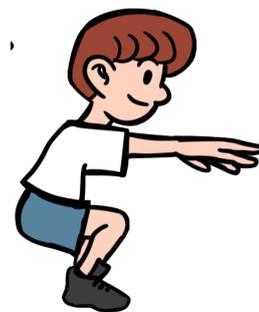


Table champ:

Divide the tables into 4 squares so that each pupil has one square each. Number the squares 1-4. The pupil in square number 1 is the champ. Champ always starts with the ball. They can bounce the ball into any other square to begin the game. Players must catch the ball and send it to another square. If an error is made the player who made the error moves to square number 4 and all other players move up a square with the goal being to get to square number 1 as champ.

Rules: The ball cannot bounce higher than the receivers head.

Be honest and play by the agreed rules.

Consider your behaviour when you win and when you lose.

Make this harder by specifying one hand catches and throws only / with the pupils' non-dominant hand.

Make this easier by using a bigger ball.

Teacher note: option to play this in groups of 5 with the pupil who misses moving off the court until the next pupil misses. Also an option to allow the pupils to create their own rules.



5

Mins

Plenary

Ask the pupils what they did to be successful at throwing and catching.

Who played fairly in their group? What did they do and how did it make them feel?