

LESSON PLAN: **SKILLZ4SPORT** INFANTS: WEEK 5

LESSON OBJECTIVE: To learn how to throw accurately towards a target.

WARM UP (10 MINS)

Tell pupils to run around without bumping into each other. When the teacher shouts out a number, pupils need to run into a group of that number. If anyone doesn't manage to get into a group of that number, they have to do 5 star jumps.

MAIN LESSON (20 MINS)

Explain the importance of throwing with control and accuracy. Pupils need to be placed in pairs with a bean bag. Facing each other, pupils are to throw the bean bag to each other making sure they take one step forward, opposite arm to leg, slightly bend their knees and point their fingers towards their partner's hands. Give pupils 2 minutes to see how many times they can do this without dropping the bean bag.

Develop: This time, ask pupils to take a step backwards after 5 successful throws to their partner. If they drop the bean bag before 5 passes, they have to take a step forward. See who is the furthest away after 2 minutes.

GAME/COMPETITION (15 MINS)

Hoopla competition: Place pupils into small groups lined up one behind the other. In front of each group, place 3 hoops at different distances. Pupils need to throw the bean bag into the hoops. The hoop at the furthest distance is worth 15 points, the middle hoop 10 points, and the closest hoop is worth 5 point. Each person has 3 bean bags to throw, add their points up.

EQUIPMENT

- Bean bags
- Cones/markers
- Hoops

KEYWORDS

- Accuracy
- Target
- Control

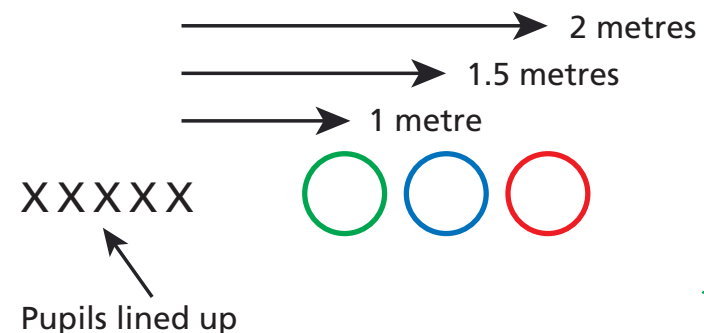
DIFFERENTIATION

LESS ABLE:

- Use a larger object to throw to their partners.

MORE ABLE:

- Tell pupils to try catching with one hand.



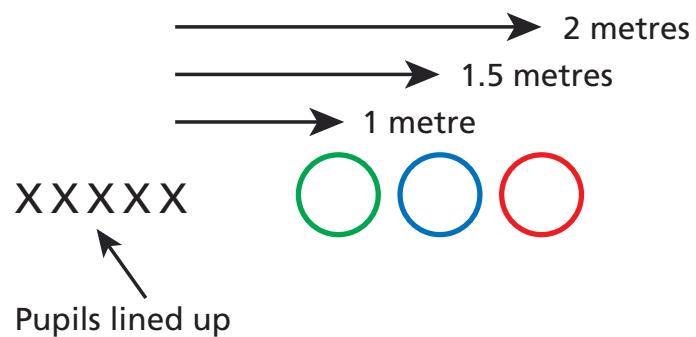
RESOURCE CARD: **SKILLZ4SPORT** INFANTS

RELATES TO LESSON(S): 5 and 6

MAIN LESSON: THROWING ACCURATELY TOWARDS A TARGET



HOOPLA COMPETITION:



RULES:

The hoop at the furthest distance is worth 15 points, the middle hoop 10 points, and the closest hoop is worth 5 point. Each person has 3 bean bags to throw, add their points up.