

Classroom PE KS1

KS1



Learning objective:

To develop throwing and catching skills.

Success criteria:

Catch with two hands and throw with one.
Watch the beanbag as it come towards you.

Whole child objectives:

I can work collaboratively as part of a team.
I can work safely and sensibly with others.

Equipment:

30 x beanbags
30 x chairs
Optional: balls

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Warm Up and Introduction

Active chairs:

Pupils begin sitting in their own chair. They complete the following warm up exercises:

- Lift and extend right leg x 5
- Lift and extend left leg x 5
- Try lifting both legs at the same time.
Hold for 5 seconds x 3
- Stand and squat to sit on chair x 5
- Stand on left foot. Sit on the chair and stand. Don't let right foot touch the floor x 5
- Stand on right foot. Sit on the chair and stand. Don't let left foot touch the floor x 5
- Walk around your chair and sit.
Alternate direction x 6

Complete the exercises smoothly and with control.

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Skill Development

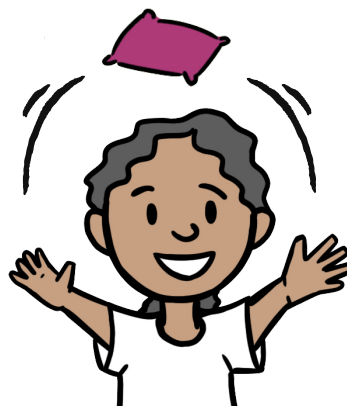
Throwing and catching:

Give the pupils one beanbag each. Ask them to stay sitting in their chair whilst they complete the following:

- A** Pass the beanbag from hand to hand under your chair.
You might need to lean a little so that you can reach.
Try to keep your bottom on the seat.
Make this harder by changing direction on the teacher's command.

- C** Throw the beanbag up to head height and catch it.
Watch the beanbag.
Throw with one hand and catch it with two hands.
Make this harder by clapping before catching.

- B** Pass the beanbag around your waist.
Change direction every four passes.
Use wide fingers to grasp the beanbag.



Hot potato:

Ask the pupils to use one beanbag amongst their table.

- A** Pupils practise passing the beanbag around the table to each other. Once the pupils have passed to everyone on their table, change the direction of the beanbag.
Use an underarm throw.
Check that the receiver is looking at you and has their hands out ready to receive it.
Make this harder by clapping before you catch the beanbag.

- B** Add another beanbag into the throw.
As confidence grows, gradually introduce more beanbags.
As soon as you have thrown get ready for the next beanbag.
Make this harder by using a ball.

Pass and move:

In groups of three pupils line up one behind the other at one end of the table.
Another group of three line up behind the other side of the table opposite.

- A** Using one beanbag, pupils throw underarm to the queue opposite and then run to the back of their own line.
Point your fingertips at your target after you release the beanbag.
Hold your hands out ready to catch.

- C** How many throws can each table complete in 2 minutes? Can they double their score from the previous round?
Take your time and concentrate.

- B** How many throws can each table complete in 1 minute?
Be looking and ready to catch.
Make this harder by using a ball.



Around the room

Each table begins with one beanbag. They can underarm throw to anyone on the table next to them. Pupils continue to pass the beanbags around the classroom. As pupils become confident at this introduce another beanbag, and then another. The challenge is to see how many beanbags pupils can successfully pass around the class at the same time.

Call the name of the person you want to pass to.



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Plenary

Ask the pupils how many hands should you use to throw underarm?

How did they use communication to help them in this lesson?