

Classroom PE KS1

KS1



Learning objective:

To develop throwing at a target.

Success criteria:

Consider how far away the target is and adjust the amount of power you use.

Whole child objectives:

Social: I can work collaboratively as part of a team.

Thinking: I understand that the more power I use the further my throw will travel.

Equipment:

30 x beanbags

1 x cones per table

1 x tennis ball per table

10

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Warm Up and Introduction

My turn, your turn:

Pupils begin standing chair.

A The teacher claps a simple rhythm for the pupils to copy. Repeat a few times.
Wait until the teacher has finished before beginning.

B The teacher shows the pupils four simple actions that the pupils copy e.g. jump, clap, stamp, hop. then the pupils copy. Repeat with a few different combinations.

C Working with the children on their table, the pupils take it in turns to lead four actions for their table to copy.
Be mindful of actions that are safe to do in your space.

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Skill Development

Around the table:

Give the pupils one beanbag per table.

A Ask the pupils to pass the beanbag around their table in a clockwise direction.
Use an underarm throw.
Check that your partner is looking before you throw.

B Keep passing the beanbag around the table, when the teacher says 'change', pupils throw in the opposite direction.
Use wide fingers to grasp the beanbag.

C Pupils can now pass the beanbag to anyone on their table, but they can't throw to the person who just threw to them.
Watch the beanbag.
Throw with one hand and catch it with two hands.
Judge how much power you need to use when throwing to someone who is close and someone who is further away.
Make this harder by clapping before catching.

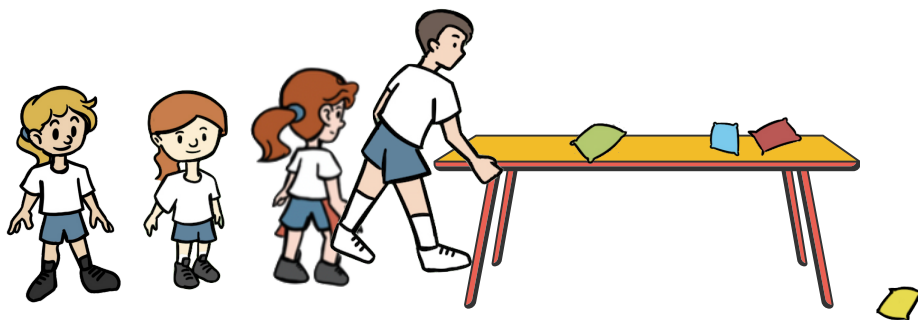
Cliff edge:

Give the pupils one beanbag each. They begin at one end of their table, one behind the other. They each take it in turns to slide their beanbag along their table with the aim of getting it to stop as close to the table edge as possible.

Pupils can slide their beanbag to knock other children's beanbag over the edge of the table.

Pupils win one point for each round that they win. The winner of each round goes first on the next round.

Explore the amount of power you need to travel just far enough to get to the table edge.
Congratulate and support other people in your group with kind supportive words.



Bullseye:

Pupils work in their tables. They have one beanbag each and one cone between them. Pupils place their cone upside down on the table. Pupils take it in turns to throw their beanbag to land in the cone. They score one point for every successful throw.

After each round the pupils move the cone to a new location on their table.

Use more power when the cone is further away.

Make this easier by using a hoop or more cones as a larger target area.



The cherry on top:

Pupils work in their tables. They have one beanbag each, one cone and one tennis ball between them. Pupils place their cone on the table with the tennis ball on top. They take it in turns to throw their beanbag to knock the ball off the cone. After a few rounds, move the cone to a new location on the table.

Use more power when the cone is further away.

Make this easier by using a bigger ball.

Make this harder by playing in teams on their table. First team to hit the beanbag three times wins.



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Plenary

Ask the pupils how they changed their technique depending on where the target was.

Ask the pupils how effectively they worked in their groups. Did they take turns fairly? Did they congratulate effort and performance?

Ask the pupils why they think it is important to work well with others.