

Games Activities (QCA Unit 3) – Year 1

Essential information about this unit :
 In this unit children develop basic game-playing skills, in particular throwing and catching. They play games based on net games (like tennis and badminton), and games based on striking and fielding games (like rounders and cricket). They have an opportunity to play one against one, one against two, and one against three.
 In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition.

Warm Up	1. Reduce likelihood of injury 2. Improve body's efficiency 3. Mental preparation
Cool Down	1. Gradually decrease heart rate to resting levels 2. Reduce lactic acid build up. 3. Static/dynamic stretches to major muscles

	<u>Learning Objective</u> **W.A.L.T	<u>Getting started</u>	<u>Outcomes</u> *W.I.L.F
<u>Week One</u>	<ul style="list-style-type: none"> To know and show different ways of using a ball 	<p>Skill Development Using ball gymnastics encourage the children to discover ways of moving a ball around their body. Progress to the child playing simple roll & retrieve games.</p> <p>Game Activity Using a target based game, get the children to use the skills learnt in the session.</p>	<ul style="list-style-type: none"> Children will be able to demonstrate co-ordination when passing a ball around different parts of the body
<u>Week Two</u>	<ul style="list-style-type: none"> To use basic underarm, rolling and hitting skills 	<p>Skill Development Introduce & demonstrate different patting, rolling and bouncing techniques. These should include balancing the ball on hands progressing through to throwing and catching.</p> <p>Game Activity Play a game such as moving the ball across the area by throwing a bean bag at the ball. Focus on throwing technique and hand eye co-ordination.</p>	<ul style="list-style-type: none"> Children will be able to understand how to send, receive, kick and dribble a ball, and practice to improve their skills.
<u>Week Three</u>	<ul style="list-style-type: none"> To observe, copy and play games as an individual and two's 	<p>Skill Development Introduce a large ball - start with throwing it in the air and catching it, progressing through throwing in the air letting it bounce then catching it to throwing and catching on the move.</p> <p>Game Activity Using a hoop target game start by throwing at the target, collecting it on the other side and throwing at the target again. How many times can they "score"? Progress to playing the game in pairs.</p>	<ul style="list-style-type: none"> Children will be able to show a level of control when sending and receiving various different objects with a partner.

**"What are we learning today"

**"What I am looking for"

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Week Four	<ul style="list-style-type: none"> To use and develop their sending, receiving and travelling skills in games with a partner 	<p>Skill Development Working in pairs the children should develop moving in a area while passing/kicking to their partner. The children should be encouraged to identify the best way to pass/kick. Progress to dribbling the ball to conclude with a pass.</p> <p>Game Activity Using a grid play games where, in pairs, they move about in space passing between them using a learnt technique.</p>	<ul style="list-style-type: none"> Children will be able to understand that they must get their body in line with the ball to receive it.
Week Five	<ul style="list-style-type: none"> To change the game rules to make it more challenging 	<p>Skill Development Develop dribbling and stopping skills, progressing from basic dribbling skills to games such as “traffic lights”</p> <p>Game activity In pairs play target games such as “target kick”. Where a gate is the target and to score, a pass is made through the gate. Through guided discovery the children should determine how to make the game more complex.</p>	<ul style="list-style-type: none"> Children will be able to identify how to make a game easier or harder.
Week Six	<ul style="list-style-type: none"> To play a game co-operatively with a partner and keep the score 	<p>Skill Development Working in pairs play a target based game that uses the throwing skills developed. This could include hoop based games.</p> <p>Game Activity Play a small sided invasion game using the skills learnt over the previous weeks.</p>	<ul style="list-style-type: none"> Children will be able to send a ball in various ways to play individual target games or target games with a partner

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