

Games Activities (QCA Unit 3) – Reception

Essential information about this unit :
 In this unit children start developing basic game-playing skills, in particular throwing and catching. They play games based on net games, and games based on striking and fielding games. They have an opportunity to play one against one, one against two, and one against three.

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
Week One	<ul style="list-style-type: none"> Travel with control in a variety of ways 	<p>Skill Development Initially introduce a range of activities using a bean bag.i.e. balancing with the BB on different parts of your body.</p> <p>Game Activity Introduce some target practice using a line on the playground or a chalk line</p>	<ul style="list-style-type: none"> Children will be able to listen to instructions and engage themselves in an activity.
Week Two	<ul style="list-style-type: none"> To travel with increasing control and co-ordination 	<p>Skill Development Introduce a throwing game which would mean the child could use a range of different movement techniques to retrieve the object.</p> <p>Game Activity Using a beanbag try and hit a skittle, cone to score points. You can even introduce a mini goal.</p>	<ul style="list-style-type: none"> Children will be able to use space safely
Week Three	<ul style="list-style-type: none"> To develop co-ordination when steering, bouncing or kicking a ball 	<p>Skill Development Move around a space using either your hands or feet to control the ball. Introduce and demonstrate a change of direction.</p> <p>Game Activity Try and encourage an increase in accuracy in bouncing the ball. The children could practice bouncing the ball into a hoop on the floor and then they could move to collect their ball.</p>	<ul style="list-style-type: none"> Children will be able to carry, steer, dribble and send a ball with confidence and increasing control.

**"What are we learning today"

**"What I am looking for"

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Week Four	<ul style="list-style-type: none"> To concentrate and play an aiming game 	<p>Skill Development Introduce throwing and catching to themselves, progress to bouncing the ball with further progression being movement.</p> <p>Game Activity Introduce the children to working in pairs, bouncing the ball to each other with progression to working in threes playing a piggy in the middle type game.</p>	<ul style="list-style-type: none"> Children will be able to demonstrate an increase in coordination and accuracy when aiming at a target.
Week Five	<ul style="list-style-type: none"> To be able to share space and equipment safely with others 	<p>Skill Development Children to bounce/dribble the ball around a given area, on an agreed signal the children to stop and show themselves ready for the next command.</p> <p>Game Activity Children to work in small groups in a grid, introduce some spatial awareness whilst using a given technique, progressing to a small 1v1 skittle type game.</p>	<ul style="list-style-type: none"> Children will be able to use a start and stop command and interact in a game based activity.
Week Six	<ul style="list-style-type: none"> Travel and change of speed 	<p>Skill Development Introduce a small circuit with areas to change direction in and change of pace, progress and introduce a beanbag or ball to develop the skill of carrying, balancing or dribbling whilst on the move.</p> <p>Game Activity Give the children the option to move around an area having hoops that have different point values, then encourage the children to see how many points they can score.</p>	<ul style="list-style-type: none"> Children will be able to demonstrate the ability to travel with changes of speed.

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