

Games Activities (QCA Unit 4) – Year 2

Essential information about this unit :
 In this unit children improve and apply their basic skills in games. They play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points. 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> <i>**W.A.L.T</i>	<u>Getting started</u>	<u>Outcomes</u> <i>*W.I.L.F</i>
Week One	<ul style="list-style-type: none"> A child should learn to throw, catch and bounce in different ways whilst standing still. 	<p>Skill Development Introduce ball gymnastics progressing to special movements whilst being in possession of the ball.</p> <p>Game Activity Make up a game that involves passing and catching, progress to extra points being awarded for children being able to play the game one handed and also playing on the move.</p>	<ul style="list-style-type: none"> Children will be able to throw, catch and bounce with 2 hands, or 1 hand, or different parts of the body using a variety of equipment.
Week Two	<ul style="list-style-type: none"> To choose and apply skills to make up games. 	<p>Skill Development Introduce a dribbling drill with change of direction and a focus on space which can make an easy transition to a game.</p> <p>Game Activity Allow the children to select/make up a game which would encourage them to become more successful in the given skill ie trying to beat their record, progression could be the introduction of more players.</p>	<ul style="list-style-type: none"> Children will be able to understand and use "beat your own record" activities to put skills under pressure and improve performance.
Week Three	<ul style="list-style-type: none"> To develop simple strategies for extending their skills. 	<p>Skill Development Working in pairs, introduce a simple passing technique and ask the children in pairs to self evaluate.</p> <p>Game Activity Introduce a different range of passing techniques, ie high, low and rolling focusing on accuracy and consistency.</p>	<ul style="list-style-type: none"> Children will be able to throw, catch and bounce when in a stationary position or moving about the playing area and aiming at a target.

***"What are we learning today"*

***"What I am looking for"*

Games Activities (QCA Unit 4) – Year 2

Essential information about this unit :

In this unit children improve and apply their basic skills in games. They play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points. 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 Four</u>	<ul style="list-style-type: none"> To work cooperatively with another member of the team. 	<p>Skill Development Pass/kick the ball to each other with the introduction of a signal to initiate team work based communication.</p> <p>Game Activity Working in either pairs or threes either introduce a hoop or skittle based activity to test teamwork.</p>	<ul style="list-style-type: none"> Children will be able to play cooperative and competitive aiming and invasion type games with a partner.
<u>Week Five</u>	<ul style="list-style-type: none"> To know rules for a game. 	<p>Skill Development Children to use movements previously learnt, in a large area playing a traffic light game, progression to be reducing the space.</p> <p>Game Activity Introduce 2 goals to encourage the children to score using very simple rules.</p>	<ul style="list-style-type: none"> Children will be able to invent rules and explain how they can improve the game.
<u>Week Six</u>	<ul style="list-style-type: none"> To develop simple group tactics 	<p>Skill Development Recap on a range of skills previously learnt focusing on team based participation.</p> <p>Game Activity With the passing/catching and throwing techniques learnt, introduce a dodge ball type game. Simple rules and guidelines can be applied to this style of game which would allow maximum participation.</p>	<ul style="list-style-type: none"> Children will be able to understand and use simple tactics and work as a team eg when defending there must always be one person between the goal and the person with the ball.

**"What are we learning today"

*"What I am looking for"