

Lesson Two: Catching and throwing

Learning Objectives:	Vocabulary:	Content:	Equipment:	Assessment:
<p>Acquiring & Developing Skills:</p> <p>To be able to catch a ball consistently</p> <p>To be able to pass the ball accurately and with speed.</p>	<p>Pass</p> <p>Catch</p> <p>Dodge</p> <p>Tag</p> <p>Keep possession</p>	<p>Lesson 2:</p> <p>Warm-up Use a warm up game that involves catching</p> <p>Demonstrate how to catch a ball:</p> <ul style="list-style-type: none"> • Stand front on • Catch in a downward motion • Turn body slightly to side • Pull towards hip 	<p>Rugby balls</p> <p>Pump</p> <p>Cones</p>	<p>Can the student catch the ball correctly?</p>
<p>Selecting & Applying skills, tactics & compositional ideas:</p> <p>To be able to attack as individuals, 2's and 3's</p> <p>To be able to dodge a defender when running towards the goal</p>	<p>Keep control</p> <p>Make and use space</p> <p>Support</p> <p>Points, goals</p>	<p>Practice throwing the ball to partner. Highlight good catching from students who have mastered the catch.</p>		<p>Can the student move their feet to be ready to catch the ball?</p>
<p>Knowledge and Understanding of fitness and Health:</p> <p>To recognise which activities help their speed, strength and stamina</p> <p>To recognise when speed, strength and stamina are important in games</p>	<p>Rules</p> <p>Tactics</p>	<p>Stand in a circle. Choose a student to run round the circle at the same time as throwing the ball around. See whether ball can beat runner.</p> <p>Choose 3 good players to demonstrate the correct catching technique, have the other students take it in turn throwing the ball to the students catching</p>		<p>Can the student recognise how different activities during the lesson builds up speed or strength?</p>
<p>Evaluating and improving performance:</p> <p>To be able to identify the main aspects of a good performance and suggest how a performance could be improved</p>		<p>Begining with the students catching while walking and then increase it to have them jog pass the thrower and catching the ball whilst moving.</p> <p><i>- What are some of you doing to ensure that the ball is always caught? (Accurate throw, moving towards ball..)</i></p> <p>Cool-down.</p>		<p>Can the children give ideas for improving their own or others performance?</p>