



Curriculum Objectives

Venue

Equipment

Reference

- This lesson is a revision of skills taught in the previous lessons and the playing of small-sided games which develop awareness and understanding of the use of space through the station teaching approach.
- Yard/hall.
- Balls, cones and beanbags, rackets and sponge balls, hoops.
- Activity Cards for Station Teaching can be found at the end of the lesson.
- Primary School Curriculum (1999) Physical Education, page 31.
- Teacher Guidelines, page 51.
- Buntús Cards: Rolling – Speedy Gonzales; Kicking – A-B-C; Kicking – Rogue Ball; Throwing and Catching – Throw Tennis.

Move up a level

PSSI Homepage



ORGANISATION

Divide the children into four or five groups depending on the space available. Place Activity Cards at Stations 1-4. The tasks are based on the activities covered in lessons to date. Lay out the equipment for each activity. The last station is the Teaching Station. Rotate the groups after five minutes. Observe the rules outlined in the introduction for the changeover

Two groups work at the same time.



Group 1: Dribble with the hands.

Group 2: Dribble with the feet.

ACTIVITY

Warm up and Stretching: Visit your warm up bank.

Station 1: Striking a ball with a racket/bat

Rackets/bats, sponge balls, 3 flat hoops.

Tasks: Individual activities

- Bounce the ball on the ground.
- Bounce the ball along a line.
- Balance the ball on the racket and walk to a hoop. Walk around the hoop bouncing the ball inside the hoop. Balance the ball again on the racket and walk back.
- Bounce the ball on a bat while stationary (use the forehand position, i.e. fingers facing the ceiling).

Station 2: Dribbling with hands and feet

Mini-basketballs, footballs, cones and beanbags.

Tasks: In turn each child moves to the beanbag and, using a mini-basketball or a football, dribbles between the cones. Return to the starting point along the perimeter.

After five turns each, switch around.

Station 3: Passing/throwing and catching using beanbags, Throwing at a target

Beanbags, hoops, or a target mat.

Tasks: Individual activities

- Pass the bag around the neck, waist, one leg, two legs.
- Throw and catch with two hands/one hand.
- Throw, clap and catch.
- Throw, touch and catch.
- Throw the beanbag into a hoop or onto a target mat.

In pairs

- Throw and catch with two hands/one hand.
- Ask each pair to create their own activity/game using the equipment

TEACHING POINTS

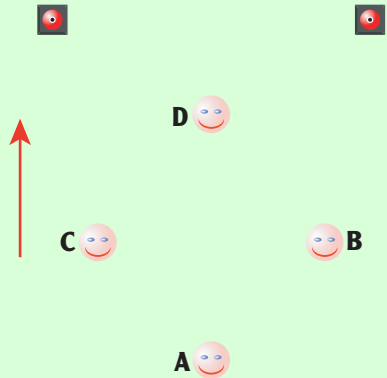
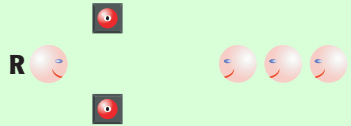
- Select activities suitable to the space available to you.
- Remember one end of your yard/hall will be taken up with the game.
- Remind the children to check the grip.

Q Can you see the V along the side of the racket?

- When dribbling with the hands encourage the children to use both the right and the left hands.
- Encourage close control when dribbling with the feet.

- Encourage the children to challenge themselves by throwing higher, or moving the beanbag faster.

ORGANISATION



Play is going in the direction of the cones.

ACTIVITY

Station 4: Penalty shots

Two balls, four cones and beanbags.

Task: Each child in turn takes the ball and shoots by kicking the ball at the goal.

- The retriever **R** rolls the ball back.
- Each child takes it in turn to be the retriever.
- If space allows set up two goals.

This activity can also be done using sticks and Olympic-sized balls.

Station 5: Teaching station**Understanding the use of space**

One ball, two cones and bibs.

Develop a 3 v 1 passing game **Touch Down** using a round ball.

Place the children in the formation shown on the left. The ball starts with **A**. **D** is the defender.

The children's task is to move the ball up the area and place it between the two cones.

The defender cannot hit/touch/push players.

The ball must be placed – not thrown – between the cones.

Give the initial instruction – **A** passes to **B**.

Allow the children to think about what they must do next to progress the ball. What happens if A and C stand still? When you run where is the best place to run to?

When using an oval ball, begin all three players **A B C** in a line. They must run forward passing the ball between them.

Activities at stations could also include: skittles (rolling), throwing/catching and rolling small balls.

Cool down

Visit your cool down bank

TEACHING POINTS

- If the children are very accurate encourage them to suggest ways to make the task more difficult, e.g.
 - lengthening the shooting distance
 - narrowing the goals.
- Continue to encourage the children not to run with the ball and to move ahead into space to receive.
- The ratio of attackers to defence, i.e. 3 v 1, places the emphasis on ensuring success.
- As the skill level improves, ask the children to suggest ways to increase the challenge in the game, e.g.
 - decrease the space between the cones
 - add another defender so now the game is 3 v 2.

DEVELOPMENT

Station 1

Bounce the ball into and out of a hoop. Make a shape on the ground while bouncing the ball. Bounce the ball on the racket using the backhand position, i.e. fingers facing the floor.

DEVELOPMENT

ORGANISATION

D2 D1 C D A B 

Play is going in the direction of the cones.

ACTIVITY

Station 2

Increase the number of cones.

Station 3

Use small balls.

Station 4

Increase the distance.

Station 5 – Teaching station

Introduce 4 v 2 (requires a little more space). On the left are suggested starting positions. Increase the level of difficulty to 3 v 2, then progress to even-sided games 3 v 3 or 4 v 4 Line Ball

Line Ball – To Start a Game:

The game can be started by giving possession to one team.

Playing the Game

A passing game where players pass the ball to reach the target, i.e. a team mate standing behind a line or between two cones. The ball has to be caught cleanly by the child to count as a score. Confine the children to passing only (no dribbling) to promote teamwork.

Hand the ball to the other team if:

- the ball is out of bounds i.e. ball over sideline, end line
- After a score
- there is a **violation** i.e. running with ball
- there is a **foul** i.e. someone is pulled or pushed or hit on the arm etc.

Rules: In discussion with the children, frame the necessary rules. They should include:

- No running with the ball
- No pushing
- No pulling
- No dragging
- The catcher may move up and down along the line.

A score can be one or two points.

N.B. After a score or when the ball goes behind the line the ball is left on the ground and the throw-in is taken by the defending team. i.e. not the catcher on the line.

To encourage participation by all, the scorer becomes the catcher each time.

TEACHING POINTS

- Attacking advice**
 Look ahead.
 Pass ahead.
 Move ahead.
 Spread out.
- Defensive advice**
 Remind the children of the correct defensive stance. Encourage them to try to stop a player making a pass by standing in front of them, arms in the air with palms flat as if shinning a window.
- If they can gain possession of the ball without physical contact, they may do so.
- Initially, teachers must use their discretion with the implementation of the travelling rule – two or three steps can be ignored. As the children improve, become stricter.

ACTIVITY CARD**STATION ONE****Striking a ball with a racket/bat**

(Rackets/bats, sponge balls, three flat hoops.)

Tasks: Individual activities

- Bounce the ball on the ground.
- Bounce the ball along a line.
- Balance the ball on the racket and walk to a hoop.
Walk around the hoop bouncing the ball inside the hoop.
Balance the ball again on the racket and walk back.
- Bounce the ball on a bat while stationary
(use the forehand position, i.e. fingers facing the ceiling).

ACTIVITY CARD

STATION TWO**Dribbling with hands and feet**

(Mini-basketballs, footballs, cones and beanbags)

Tasks: Using a mini-basketball or a football dribble between the cones.

Return to the starting point along the perimeter.

Group 1: Dribble with the hands.



Group 2: Dribble with the feet.



After five turns each, switch around.

ACTIVITY CARD**STATION THREE**
Passing/throwing and catching using beanbags**Throwing at a target**

(Beanbags, hoops or a target mat.)

Tasks: Individual activities

- Pass the bag around the neck, waist, one leg, two legs.
- Throw and catch with two hands/one hand.
- Throw, clap and catch.
- Throw, touch and catch.
- Throw the beanbag into a hoop/bin/chair or onto a target mat.

In pairs

- Throw and catch with two hands/one hand.
- Ask the children to create their own game.

ACTIVITY CARD

STATION FOUR
Penalty shots

(Two balls, four cones and beanbags.)

Task:

- Each child in turn takes the ball and shoots by kicking the ball at the goal.
- The retriever **R** rolls the ball back.
- Each child takes it in turn to be the retriever.

If space allows set up two goals.

This activity can also be done using sticks and Olympic-sized balls.