Curriculum Objectives

- Ball handling: practise skills previously experienced:
  - throwing and catching using a large ball;
  - chest pass, bounce pass, overhead pass, dribbling a ball.

Strand Unit: Creating and playing games

- Create and develop games in small groups:
  - playground game: Three-headed monster.

Strand Unit: Understanding and appreciation of games

- Apply simple rules to activity.
- Discuss and develop control in movement skills relevant to games:
  - footwork: changing speed and stopping.

Venue

- Yard/hall.

Equipment

- Oval balls, large plastic balls.
- Introduce mini-basketballs for Second Class.

Reference

- Buntús Cards: Throwing and Catching – With a Partner, Throwing and Catching – 1-2-3-4; Throwing and Catching – Catch Up.
Warm up and stretching: Visit your warm up bank.

1 **Footwork**
   Ask the children to run while dodging and weaving around the area.
   On a signal, they must jump stop, choose one foot and pivot (turn), moving forwards and backwards a quarter turn at a time.
   On a signal from the teacher, run again.
   Repeat five-ten times.

   - When stopping bend the knees.
   - Place the feet shoulder width apart.
   - Pivot (turn) on the ball of the foot.
   - The pivot involves transferring weight onto the ball of one foot and turning to face in another direction while keeping this foot **glued** to the floor.

   **Why is this skill so useful?**
   It allows you to turn away from the defender to protect the ball.

2 **Throw and catch**
   Practise the chest pass and the bounce pass.
   **Challenge:** How many passes can be made in 10/15 seconds?
   The teacher calls chest pass or bounce pass and the child with the ball passes it using the required pass. Increase the speed of the calls as the children become familiar with the passes.

   **Overhead pass**
   The children hold the ball above the head and pass it to each other to arrive at chest height. Count the number of passes that can be made in 30 seconds.

   **Swing pass with an oval ball**
   The children stand sideways on to each other with two hands underneath the ball.
   Swing the arms from the shoulders across the body and pass to the partner's hip area.

   - **W** grip/fingers spread. Elbows in.
   - Extend the arms after passing. Flick the wrist and fingers. Step into the pass.
   - Check the teaching points and encourage the development of speed among children displaying good techniques.

   **Overhead pass**
   - Hold the arms above the head and slightly in front of the body, keeping the fingers behind the ball.
   - Move the wrists downward to direct ball to the target, i.e. chest area.
   - Receiver technique: hands are held out with the fingers spread. Return the ball with an overhead throw.
   - Ensure that the sender holds the ball above the head and not behind it (soccer throw).
3 Developing the technique of shooting into a hoop (mini-basketball/netball)

In turn, the children shoot the ball high to one another.

**Partner one** shoots.

**Partner two**, the target, stands with hands outstretched above the head.

The children aim to make a high arc so that the ball drops down into the partner’s hands.

This has been described as a **rainbow shot**.

4 Dribbling

(a) The children dribble the ball on the spot using the strong/weak hand.

(b) **A** dribbles around the area, changing direction often.

On a signal, **A** returns to his/her place and passes the ball to **B** who repeats.
**ACTIVITY**

**5  Dribble and pass (group activities)**

In turn,
- each child dribbles to the cone,
- jump stops,
- pivots to face the team
- passes the ball back to the next person.
- S/he then runs to the end of the line.

**6  Shuttle relay**

The first child in Line A passes the ball to the first child in Line B and runs to join the end of Line B.

The first child in Line B passes the ball and runs to join the end of Line A.

- Remind the children to pass and then run.

**7  Cool Down**

Repeat footwork activity.

Slowing it down from a run, jog and walk.
ORGANISATION

The children are in pairs – one ball per pair.

ACTIVITY

1 Dribbling: Call the number
   Number 1 dribbles while the partner holds up a certain number of fingers. The dribbler must call out the number shown. Remind the children to dribble slightly to one side and to keep the head up. Each child has a turn dribbling using both the right and the left hand.

2 Passing in pairs
   Invite the children to suggest ways to make the throw and catch more challenging, e.g.:
   - Increase the distance between the pairs.
   - Increase the speed of the pass.

3 Group activity
   Three-head monster
   The children line up in stations A, B and C. A passes to B and follows. Then B passes to C and follows as C passes to A and follows, etc.

4 Using small balls
   Repeat the throwing, catching and dribbling activities in the main body of the lesson using small balls.

TEACHING POINTS

- Control with the wrist and fingers using the pads of the fingers.
- Push the ball down.
- Bend the knees.
- Low bounce.

Q Why are you practising the skill of dribbling the ball without looking at it?

- Control with the wrist and fingers using the pads of the fingers.
- Push the ball down.
- Bend the knees.
- Low bounce.

Q Why should you remember to move on the outside?