

Strand: Games	Strand Units: <ul style="list-style-type: none"> ● Sending, receiving and travelling ● Creating and playing games ● Understanding and appreciation of games
Fundamental Movement Skill:	Manipulative - Striking with the hand
Resources:	
Learning outcome:	The child should be enabled to: <ul style="list-style-type: none"> ● practise skills previously experienced ● develop and practise a range of ball-handling skills ● develop and practise a range of carrying and striking skills ● create and develop games with a partner or with a small group ● play small-sided (mini) versions of games ● play playground games ● discuss and improve control in movement skills relevant to games

Activity #	Activities that include striking with the hand for the Games Strand	Teaching Points
1	<p><u>Throwing at a target</u></p> <p>Each child has a mini-basketball. Use a cone to highlight the starting position and another to indicate where they must shoot from. The child must dribble from the starting cone up to the shooting cone where they must attempt to shoot into a mini-basketball hoop. OR If there is no basketball or netball hoop available, the children can experiment using one light plastic ball and/or small bouncy ball and one hoop per pair. In turn, one child holds up the hoop to the side and the other tries to shoot the ball into the hoop. Encourage the children to experiment holding the hoop vertically and horizontally</p>	<p>Ensure the children are not slapping the ball.</p> <p>Encourage the children to keep their head up looking in the direction they are travelling.</p>
2	<p><u>Dribbling activities</u></p> <ul style="list-style-type: none"> ● Call the number: <p>The children work in pairs.</p> <ul style="list-style-type: none"> ● Zigzag dribble: <p>Place four/five cones in a line.</p> <p>The children dribble in and out of the cones using both hands.</p>	<p>This activity will ensure the children keep their heads up while they are looking for a partner or zig zagging through the cones.</p>
3	<p><u>Bench ball</u></p> <ul style="list-style-type: none"> ● A passing game where players pass the ball to a teammate standing on a gym bench to score. 	<p>Ensure no child is tackled when they are dribbling.</p>

- The ball has to be caught cleanly by the child on the bench to count as a score.
- Confine the children to dribbling three times to promote teamwork. Once they dribble three times, the child must freeze until they have passed the ball.
- To prevent the children from standing right beside the bench, mark out a semi-circle into which no-one may go.

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Dribbling

Split the class into groups of 4 children in each group. Each group should have 6 cones evenly spaced in a straight line in front of them.

- Dribble Relay:

In turn, each player dribbles in and out of the cones and back.

On returning that player goes to the back of the line and sits.

Winner – best of three races.

- Beat the clock

How many runs can a team complete in two minutes?

Each member of the team must take part.

Remember the teaching points for striking with the hand:

- Keep eyes over the ball
- Knees bent
- Lean slightly forward at the waist
- Fingers are open and relaxed
- Push the ball downwards, following the ball
- Bring your hand back up as the ball comes back up
- Keep the ball below the waist
- When moving, keep the ball slightly in front