

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

Activity #	Activities that include striking with the hand for the Games Strand	Teaching Points
1	<p><b><u>The Non Stop Game</u></b>  This is particularly suitable to any invasion game which is played indoors. The one adaptation that is made refers to the restart when the teams rotate.  Game Shooting into a Target i.e. a hoop (using a basketball)</p> <ul style="list-style-type: none"> <li>● To Start a Game</li> </ul> <p>The game may be started in the middle of the court with a jump ball between two players, or possession is given to one team. They start the game with a pass to one of the team members.</p> <ul style="list-style-type: none"> <li>● Jump Ball</li> </ul> <p>Organise the children so that two are in the middle and all others around the circle. (If there are no markings, ask the children to stay more than an arm's length away from the jumpers.) Two players, one from each team, stand facing each other in the circle. Match the children in the jump ball for height. The teacher throws up the ball between them. Throw the ball a little higher than their outstretched arms. Children try to tip the ball with an open hand to one of their teammates.  N.B. Children may not fist the ball or catch the ball</p> <ul style="list-style-type: none"> <li>● Playing the Game</li> </ul> <p>Children should pass and dribble the ball to reach the target.</p> <p><u>Rules</u>  State clearly the few rules which must be followed in all games.</p> <ul style="list-style-type: none"> <li>● No pushing</li> <li>● No pulling</li> <li>● No dragging</li> </ul> <p><u>Hand the ball to the other team:</u></p> <ul style="list-style-type: none"> <li>● if the ball is out of bounds, i.e. ball over sideline</li> <li>● after a score</li> <li>● if there is a violation e.g. running with the ball</li> </ul>	<p>Remember the teaching points for striking with the hand:</p> <ul style="list-style-type: none"> <li>● Keep eyes over the ball</li> <li>● Knees bent</li> <li>● Lean slightly forward at the waist</li> <li>● Fingers are open and relaxed</li> <li>● Push the ball downwards, following the ball</li> <li>● Bring your hand back up as the ball comes back up</li> <li>● Keep the ball below the waist</li> <li>● When moving, keep the ball slightly in front</li> </ul>

	<ul style="list-style-type: none"> <li>• if there is a foul, e.g. someone is pulled or pushed or hit on the arm, etc</li> </ul>	
2	<p><b><u>Rotating the teams</u></b></p> <ul style="list-style-type: none"> <li>• After three minutes play, one team retreats to the halfway line.</li> <li>• The other team leaves the court/field and is replaced by the first team on the sideline.</li> <li>• The incoming team is given a limited amount of time to come on.</li> <li>• The incoming team restarts the game by taking the ball in from the end line.</li> <li>• All teams on the side move up and the outgoing team joins the end of the line.</li> </ul>	
3	<p><b><u>Ball awareness</u></b></p> <p>Dribble the ball and make:</p> <ul style="list-style-type: none"> <li>• the first letter of your first name</li> <li>• the figure of 8</li> <li>• touch three walls and come back to where you started</li> <li>• Find a partner and high five three times</li> </ul>	
4	<p><b><u>Group Activity</u></b></p> <p>Shuttle Relay (pass and go):</p> <ul style="list-style-type: none"> <li>• Split the class into two groups (red bibs and green bibs)</li> <li>• Line the children up one behind the other.</li> <li>• Place a cone 20metres in front of each line. The first child dribbles the ball up to and around his/her team's cone, back to the top of the line, passes to the next player and moves to the end of the opposite line.</li> <li>• Introduce a race after practice – the first team with children back in starting positions wins.</li> </ul>	<p>Encourage the child to keep their head up when moving and to keep the ball slightly ahead of them when they are dribbling on the move.</p>

