

LESSON PLAN: **INFANT AGILITY:** YEAR 2: WEEK 2

LEARNING OBJECTIVE: Learn the correct technique to perform the chest push pass.

WARM UP (10 MINS)

Hoops: Children move around in a marked out area in a number of different ways which is commanded by the teacher. When the teacher shouts a particular number, students have to get into hoops with that amount of people within the hoops. Recap on the correct running technique.

LESSON (20 MINUTES)

The teacher gives one ball per small group of children. Children must practice push passing the ball to each other using the correct technique. Children should create the "W", step in and push the ball in the direction of where the ball needs to go. Once students perform the chest push pass correctly, the teacher then marks out an area using cones. A number of students are placed on the outside of the marked out area with a ball in their hands. The other students are in the middle of the marked out area. Those students must move around and receive a ball from someone on the outside and then push pass the ball back to them. Keep changing the pupils over.

GAME/COMPETITION (15 MINS)

Using the above game, the teacher calls out a number. When they complete that amount of push passes with the person on the outside of the cones, they must sit down. This could be completed three/four times, depending on the amount of time you have. Remember to keep changing the students on the outside of the square. Those who sit down first are declared the winners.

EQUIPMENT

- Hula Hoops
- Cones
- Soft balls
- Markers

KEYWORDS

- Stance
- W shape
- Push

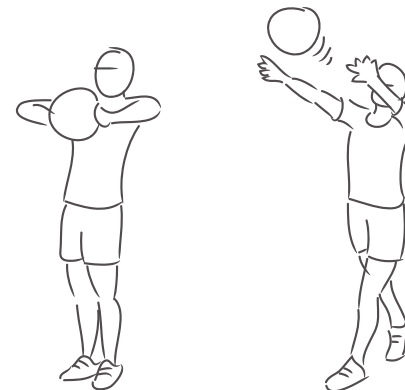
DIFFERENTIATION

LESS ABLE

- Decreases the distance students need to push pass the ball.
- Work with students of the same ability.

MORE ABLE

- If they drop the ball, they must start from 0.
- Use placement markers and increase the distance.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	4	Can they perform the chest push to a high ability?
	3	Can they perform the chest push with a certain degree of control?
	2	Can they perform the chest push, but to a low ability?
Tactics, Rules & Teamwork	4	Works with their partner and demonstrates knowledge and the understanding of tasks.
	3	Can work with a partner and understand the directions.
	2	Starts communicating with a partner.
Show & Link	4	Can they link the skills : the correct technique required to push pass the ball over a particular distance?
	3	Can they show and link: chest pushing the ball to a partner?
	2	Show how to chest push.
Describe Ways to Improve	4	Are able to describe and improve performance.
	3	Are able to describe performance.
	2	Are able to see difference in performance against a simple model.
Fitness & Health	4	Shows a solid understanding of why physical activity has health benefits.
	3	Has some knowledge of why physical activity has health benefits.
	2	Has little knowledge of why physical activity has health benefits.