

LESSON PLAN: **INFANT AGILITY:** YEAR 2: WEEK 5

LEARNING OBJECTIVE: To develop hand - eye coordination.

WARM UP (10 MINS)

Crocodile Game : Students line up behind a skipping rope. One person at a time they must run out and pass the skipping rope without it touching them. This can be made harder by stating that students need to jump in the skipping rope and complete one rotation. If you have a large group, create two lines.

LESSON (20 MINS)

Students stand opposite each other in a line, two steps away from the centre of the hall. Students start by throwing the ball to each other using an under arm throw ensuring their arm starts low and finishes high. Once students have practiced throwing the ball to each other, they take part in a rolling rally.

Using a racket, pupils roll the ball to each other using their racket. The teacher emphasises the correct grip (V Grip) and ensures when they roll the ball to each other, their racket starts low and finishes high. Once pupils can complete the rolling rallies, students take part in the bounce-hit-catch.

One pupil throws the ball underarm to their partner who is standing opposite them. The ball should bounce once before the hitter hits the ball back to the thrower who catches it.

GAME/COMPETITION (15 MINS)

Bounce-Hit-Catch : The teacher states a number. When pupils complete that amount of rallies, they sit down and are declared the winners. Swap partners and vary the number of rallies each time.

EQUIPMENT

- Skipping Rope
- Cones
- Tennis Rackets
- Soft tennis balls

KEYWORDS

- V Grip
- Tennis
- Move

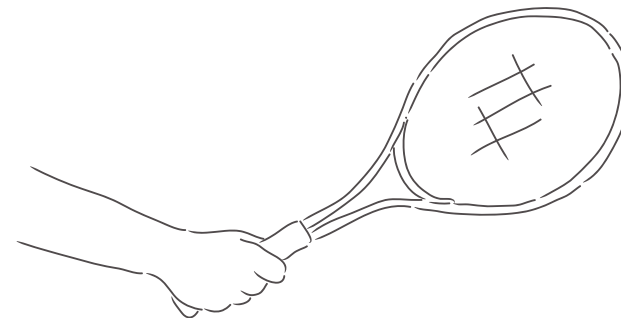
DIFFERENTIATION

LESS ABLE

- Shorter distances.
- Take part with someone of a stronger ability.
- As many bounces as it takes to hit the ball, rather than one.

MORE ABLE

- Pair up with someone of a stronger ability.
- Increase distances.
- Add targets.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	4	Can they use the racket to a high ability?
	3	Can they use the racket with a certain degree of control?
	2	Can they use the racket with help, 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 'V Grip' and the correct stroke to hit the ball?
	3	Can they show and link : the 'V Grip' and hitting the ball?
	2	Show the 'V Grip.'
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.