

LESSON PLAN: **MULTI SKILLS:** YEAR 3: WEEK 5

LESSON OBJECTIVE: Students learn the dribbling technique in a number of different sporting situations.

WARM UP (10 MINS)

The teacher splits the class into four or five groups, depending upon the amount of people in the class. The students take part in a number of relay races which focus on agility. The races could range from any of the following below:

- Run to a cone and back to their team
- Run to a number of cones and back to their team
- Run up & back through hoops

MAIN LESSON (20 MINS)

The teacher creates a square using red, yellow, blue and green cones. The teacher splits the class into three groups. One of the groups has one Basketball each, the other group has a football each and the other group has a hockey stick and a ball each. They start by dribbling the ball using the correct dribbling technique for that sport within the marked out square. Make sure students change equipment to ensure every pupils has an opportunity of using all three dribbling techniques.

Once all students have experienced all three dribbling techniques, two defenders are added to make the activity more realistic. One defender has a Hockey stick and their job is to get the Hockey balls, outside of the square. The other defenders job is to get everyone's Basketball and Football outside of the square. Once the students ball is outside of the square that student must wait on the outside of the square until the teacher stops the game. Remember to keep changing the equipment students are using and change the defenders.

GAME/COMPETITION (15 MINS)

Students take part in relay races in teams. They record the time it took their team to complete the exercise to highlight which team can complete it the quickest.

- Dribble a Basketball around a cone or in and out of a number of cones
- Dribble a Football around a cone or in and out of a number of cones
- Dribble a Hockey ball around a cone or in and out of a number of cones

EQUIPMENT

- Cones
- Footballs
- Basketballs
- Hockey sticks
- Hockey balls
- Bibs

KEYWORDS

- Fingertips
- Inside and outside
- Bend knees
- Keep ball close

DIFFERENTIATION

LESS ABLE

- Walk and dribble over a shorter distance.

MORE ABLE

- Run and dribble over a longer distance.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they perform the dribbling skills to a high ability?
	4	Can they perform the dribbling skills with a certain degree of control?
	3	Can they perform some of the dribbling skills but with very little control?
Tactics, Rules & Teamwork	5	Works with their partner & demonstrates knowledge & understanding of the task.
	4	Can work with a partner & understands the directions.
	3	Starts communicating with a partner.
Show & Link	5	Can they link: the similarities of dribbling between each sport?
	4	Can they show and link some of the similarities between dribbling within each sport?
	3	Can they show knowledge of what skills are required to dribbling, but unable to perform them.
Describe Ways to Improve	5	Are able to describe and improve performance.
	4	Are able to describe performance.
	3	Are able to see differences in performance against a simple model.
Fitness & Health	5	Shows a solid understanding of why physical activity has health benefits.
	4	Has some knowledge of why physical activity has health benefits.
	3	Has little knowledge of why physical activity has health benefits.