

# LESSON PLAN: **MULTI SKILLS:** YEAR 3: WEEK 6

**LESSON OBJECTIVE:** Demonstrate the skills learnt in a number of game situations.

## **WARM UP (10 MINS)**

The teacher plays some music. When the teacher stops the music students must hold a freeze position. Students move in a variety of ways, this could include:

- Running
- Jumping
- Skipping
- Hopping
- Lunging

## **MAIN LESSON & GAME/COMPETITION (35 MINS)**

Students take part in the following games which test them on the skills learnt over the term:

**Bench Ball:** The game involves two teams, two benches (set out using one at each end of a badminton court) and a ball. Each team nominates one player to stand on the bench in the opposite half of the court (the goalkeeper). The rest of the players arrange themselves anywhere in their half (apart from the bench). The aim of the game is to score goals by passing the ball around your team in order to pass it back to your goalkeeper on the bench.

**Develop:** Every time the goalkeeper receives the ball, the player that threw the ball goes and stands on the bench and becomes a goal keeper.

**French Cricket:** The students create a circle and the teacher nominates one person to stand in the middle. The student in the middle is the batter who also holds a Cricket bat. The rest of the players try to throw (underarm) the ball and hit the batter's legs below the knees. This area is known as the 'stumps'. The batter must hit the ball away to someone on the outside of the circle. If the batter hits the ball and it is caught by one of the other players the batter is out. The batter is also out if they get hit with the ball below the knees.

## **EQUIPMENT**

- Music & speakers
- Benches
- Balls
- Cricket bat
- Cricket/tennis ball

## **KEYWORDS**

- Balance
- Co-ordination
- Throwing
- Catching
- Agility

## **DIFFERENTIATION**

### **LESS ABLE**

- Nominate a student who can throw the ball for them to gain a place on the bench.

### **MORE ABLE**

- If a player falls off the bench, they must return to their team.
- 5 passes before the ball can be passed to the goalkeeper on the bench.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they perform the skills to a high ability?
	4	Can they perform the skills with a certain degree of control?
	3	Can they perform some of the skills, 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 different skills and use them in a game situation to a high ability?
	4	Can they show and link some of skills to use them in a game situation?
	3	Can they show knowledge of the skills, but unable to use them in a game situation?
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.