



Objective

To have fun, get active and develop those all important FUNDamental Movement Skills like; Striking and Throwing!

Hot Potato

To warm our bodies up ready for exercise

Warm Up

[Recap Last Lesson]



Screw a piece of paper up in your hand/potato/anything safe you can throw



Aim is to throw up and down into your hands catching the hot potato. If you hold on too long you might get burnt



Can you do this hopping/jumping/two hands/one hand – 1 Point for every successful throw & catch

1) Get Out Of My Yard

To Hit Items Out Of Your Yard

Main Activity

2) Countdown

Strike items out of your yard



Create your yard in your house/outside playing space placing as many pieces of screwed up old paper/teddy's/anything soft you can throw. Use sofa/couch chairs etc to create your yard. Nobody is allowed in your yard other than you.



Aim of the game is to clear your yard as fast as you can using an underarm throw to get everything on the outside of your yard in 15 seconds. (With every throw you must shout "get out of my yard").



Place a cushion/pillow outside your yard and this time you have to throw the items out of your yard so they land on/near them.



Choose something you can hit out of your yard which won't hurt you or anyone else, I'm going to use a piece of screwed up paper.



Your job is to throw you paper in the air and hit it out of your yard (still shouting "Get Out Of Yard"), if it lands outside your yard you start jumping up and down as fast as you can, counting how many jumps you can do before I countdown from 20 – 0.



If it doesn't land outside your yard, quickly get your item, back to the middle and try again, be quick though as the countdown will of begun.

Easier

Differentiation

Harder



1) Less items in your yard



1) Lighter items in your yard



2) Make yard smaller so you can hit out of it easier



1) More items in your yard



1) Close your eyes and throw, ensuring it is safe



2) Make your yard bigger so you have to hit harder

Teaching Points



Throw underarm, tick tock



Eyes, feet, hands and body pointing where you are throwing or striking (the target)



Keep eye on item as you strike it



Where can you hit it so it goes out of my yard easier

✓ Use your Breathing Exercise Cards ([CLICK HERE](#))

✓ Follow the videos of Educator Jake ([CLICK HERE](#))

SHOULDER ROLL BREATHING



Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.



Notes

Plenary

✓ What's important when throwing?

✓ What do we need to face?

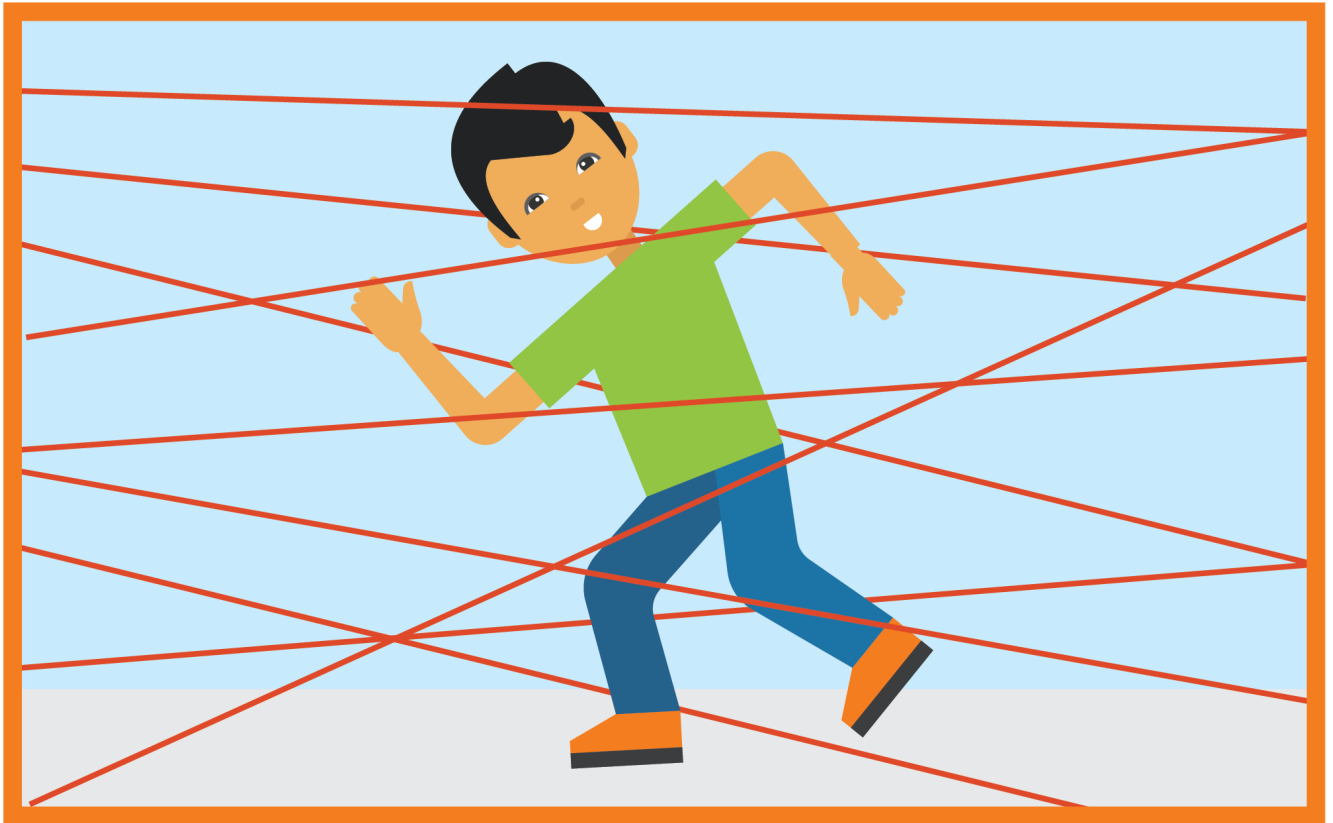
✓ What impact did the size of your yard have?

✓ What game did you like the best?



Resources

TRIP WIRE



- For this you will need clothes pegs and lots of string
- Place clothes pegs around the room
- Tie the string around the clothes pegs situated in different places
- This creates a spider-web type obstacle course.
- Time how long it takes you to get through the course, then try and beat it.
- Even better... Challenge friends and family
- You can even do this in the garden or park... Anywhere really.

TIP: Add items to the string that makes noise i.e milk bottle tops so you know if you touch it.