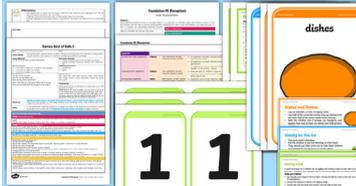


Lesson Breakdown

Lesson	Resources	
<p>1. Move the Ball</p> <p>At the start of the unit, children will talk about a range of balls that are used in different sports and games, sharing their own experiences. During the first lesson, the children will handle different types of balls and have fun as they explore moving them during a simple relay game.</p>	<p>Groups Warm-Up Activity Card, Walk the Line Cool-Down Activity Card, Ball Games Display Photos, a range of different balls (e.g. large, small, soft, bouncy, tennis, spiky, air flow, easy grip, rugby, basketball, football, sensory, beach, Koosh), skipping ropes, chalk, masking tape, safety disc marker cones, sticks/bats/rackets.</p>	
<p>2. Roll It, Throw It</p> <p>Children will enjoy aiming at an assortment of targets, experimenting with rolling and throwing their different objects. How many points can the children get?</p>	<p>Dishes and Domes Warm-Up Activity Card, Steady as You Go Cool-Down Activity Card, Ball Games Display Photos, Target Throwing Points Cards, playground balls (enough for 1 per pupil), skipping ropes, beanbags, hoops, chalk, masking tape, safety disc marker cones, targets (e.g. cardboard boxes).</p>	
<p>3. Hit That Target</p> <p>Building on their throwing skills, children will work in teams in this fun basketball-style game. They can choose whether to play it safe or take a risk, deciding whether to aim high for 2 points, or low for 1.</p>	<p>Ball Games Display Photos, Activity Beans Warm-Up Activity Card, Throw Bounce Catch Cool-Down Activity Card, playground balls (enough for 1 per pupil), hoops, paper balls (made from screwed-up paper), coloured bibs, basketball nets (or make your own using the How to Make a Basketball Net Instructions), Best of Ball Teacher Support Cards Pack.</p>	
<p>4. Rackets, Bats, Sticks and Balls</p> <p>Controlling a ball is one thing but controlling it with a racket, bat or stick is a new skill altogether! During this lesson, children will practise these skills as they hit their ball towards a goal, gaining points as they go along. Add to the fun by having children work in pairs, with one trying to score, and the other defending.</p>	<p>Something Traffic Lights Warm-Up Activity Card, Superhero Flying Cool-Down Activity Card, Ball Games Display Photos, Best of Ball Teacher Support Cards Pack, Mini tennis rackets, Kwik cricket bats, children's hockey sticks, small bats, a range of balls, balloons, safety disc marker cones, tall cones, tees, targets, chalk/masking tape, a range of different goals for the children to score into (e.g. boxes on their side, 2 cones, a semicircle made from a skipping rope).</p>	
<p>5. Bounce and Catch</p> <p>In this lesson, children will practise bouncing and catching a ball, before practising these skills as part of a team. How many successful bounce passes can they make in their group before they drop the ball and return to zero?</p>	<p>Arch Builders Warm-Up Activity Card, Traffic Police Cool-Down Activity Card, Ball Games Display Photos, Best of Ball Teacher Support Cards Pack, Skip, Gallop and Bounce Active Game, large playground balls (enough for 1 per pupil), a range of balls which bounce, 4 boxes or containers (to hold balls).</p>	

Resource included Resources not in the pack.

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Lesson Breakdown

Lesson

Resources

6. [It's a Goal!](#)

Children try using their feet to keep their balloon in the air – don't let it hit the ground! The children will then work in small groups, using their feet to control a ball, before aiming at the goal. Can they hit the smallest target?

[Directions Game Warm-Up Activity Card](#), [Gears Cool-Down Activity Card](#), [Ball Games Display Photos](#), [Best of Ball Teacher Support Cards Pack](#), balloons (1 per child), large playground balls (1 per child), rugby balls, beach balls, cones, chalk/masking tape, a range of targets of different sizes (e.g. skipping rope circles, boxes, hoops).



Resource included Resources not in the pack.

[Click here to download this Foundation PE Unit Pack.](#)

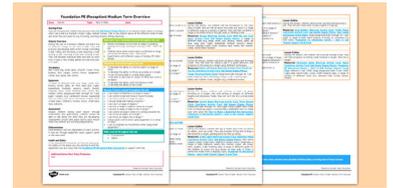
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Other Plans and Resources Included in the Unit:

Activity

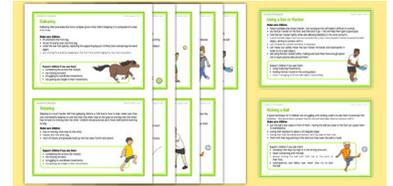
Medium Term Overview

The overview plan gives details of how the unit progresses from start to finish. It gives an outline of each lesson, the objectives and success criteria covered and the resources needed.



Teacher Support Cards Pack

The pack includes 8 different teacher support cards that will support teachers and practitioners when helping children to develop the skills of skipping and galloping, rolling a ball, bouncing a ball, catching, overarm and underarm throwing, kicking a ball and using a bat or racket.



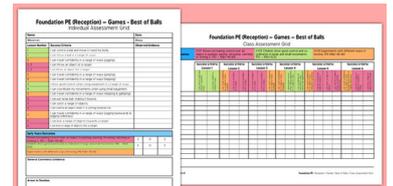
Home Learning Challenge Sheets Pack

The pack includes eight home learning challenge sheets so that learning can be continued at home. These challenges cover the following skills: skipping and galloping, rolling a ball, bouncing a ball, catching, overarm and underarm throwing, kicking a ball and using a bat or racket.



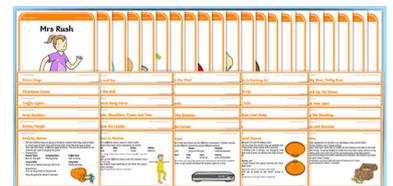
Assessment Pack

This pack includes an individual assessment grid and a class assessment grid that can be used throughout the unit of work to assess children against the success criteria and the Early Years Outcomes.



Warm-Up Cards and Resource Pack

A pack of thirty warm-up activities with accompanying printable resources.



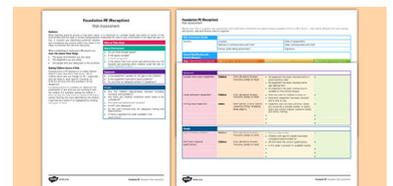
Cool-Down Activity Cards and Resource Pack

A pack of thirty cool-down activities with accompanying printable resources.



Risk Assessment

This editable document will support practitioners when producing a PE Risk Assessment in their own setting.



Click here to download this Foundation PE Unit Pack.

To find out more about Foundation PE, download our free guide [here](#).