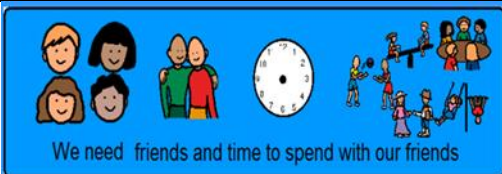

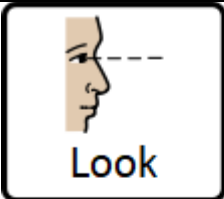
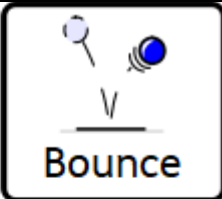
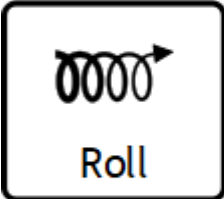

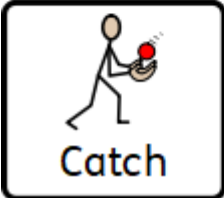

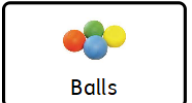





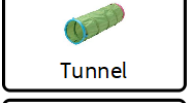
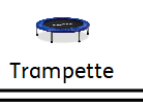

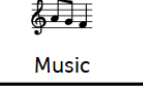
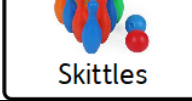
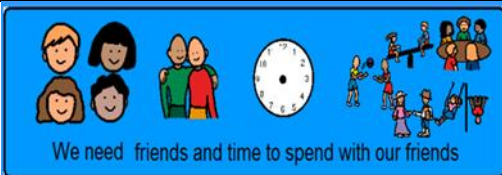



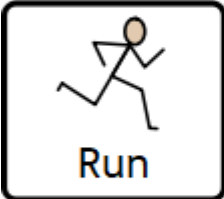
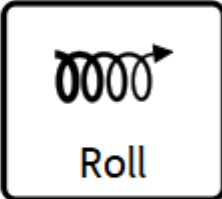
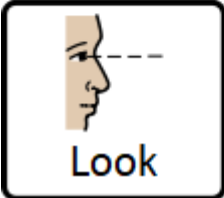

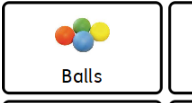


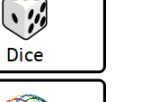

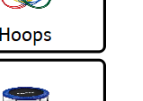
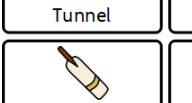
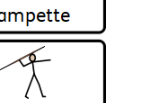



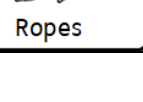
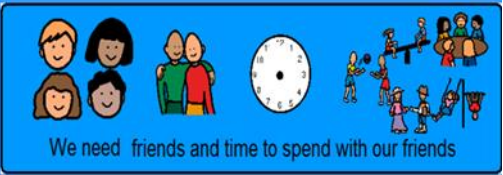

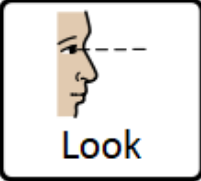
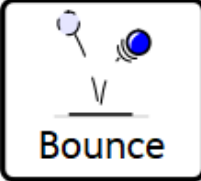
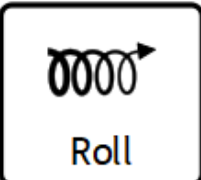

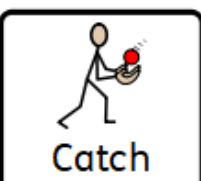

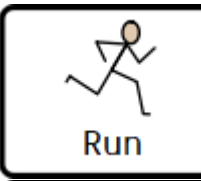

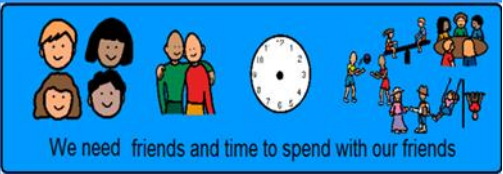

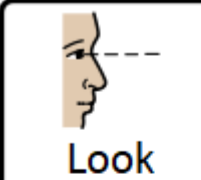
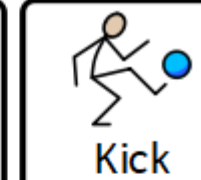


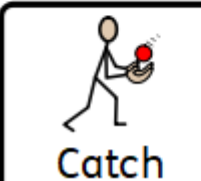



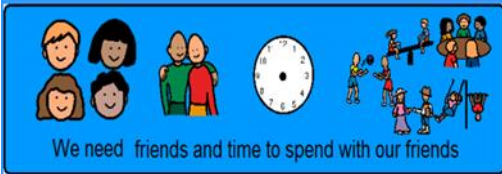

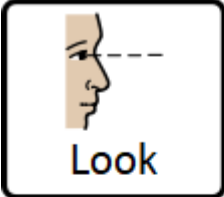

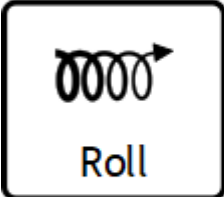

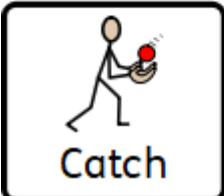

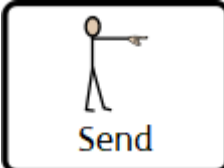
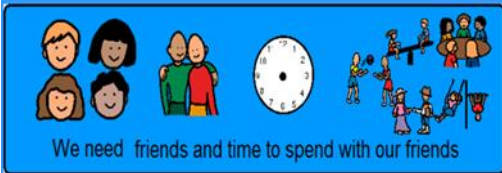

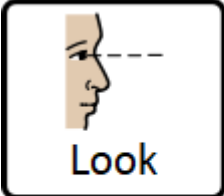
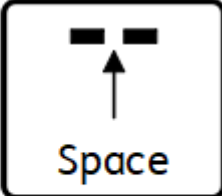
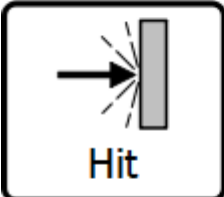

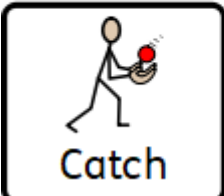
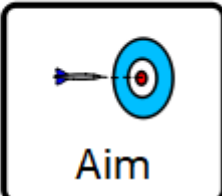


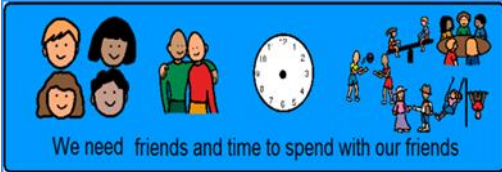


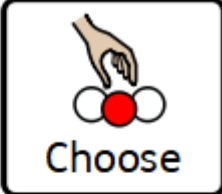


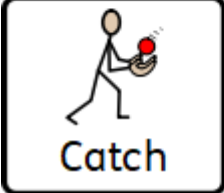
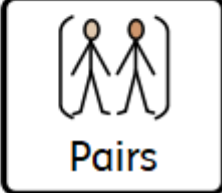
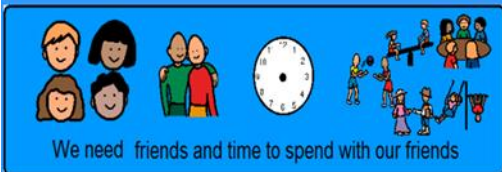


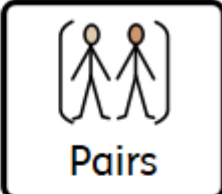



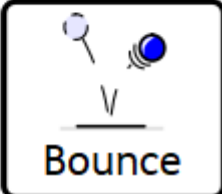
P.E. Scheme of work



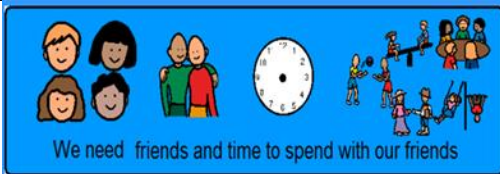

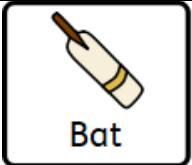
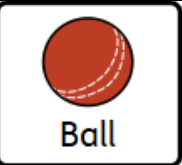


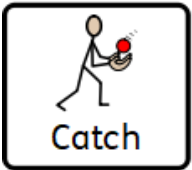
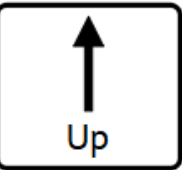
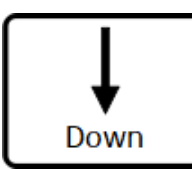
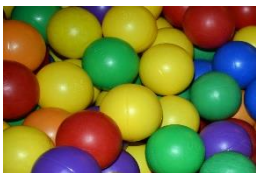
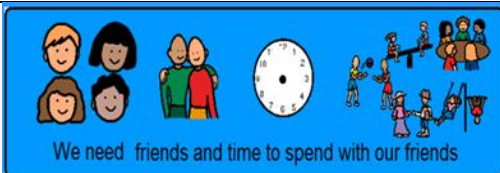

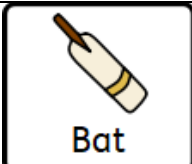
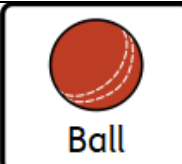


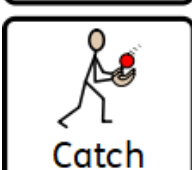
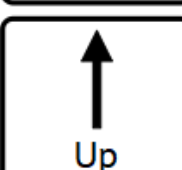
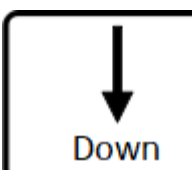

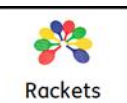
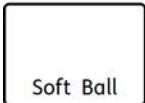



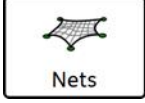
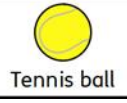
Topic Name: GAMES – General				
Lesson Objective	UNICEF RRS Article	Suggested Activities	Vocab/Symbols/Makaton	Resources
<ul style="list-style-type: none"> ➤ To co-operate with others in activities ➤ To improve control and co-ordination ➤ To provide opportunities for exploring the properties of games equipment ➤ To encourage eye-contact 	 	<p>Warm Up:</p> <p>* <i>Co-operative sessions:</i> circle on spots</p> <ul style="list-style-type: none"> ➤ rolling ball to leading adult ➤ body percussion following my actions ➤ musical spots ➤ running around circle ➤ duck duck goose <p>Main Activities:</p> <p><i>Exploring sessions</i></p> <ul style="list-style-type: none"> ➤ balls, all sizes / types ➤ balls and bean bags, quoits and dice ➤ tunnels, trampet, hoops, skittles ➤ a selection of above <p>Cool down:</p> <p>Mats on floor relaxing music floating scarves</p>	     	          
<ul style="list-style-type: none"> ➤ To provide the opportunity to explore the space in the hall ➤ To provide the opportunity to explore the properties of the games equipment ➤ To improve listening skills ➤ To improve eye contact 	 	<p>Co-operative sessions: sitting in a circle on a small mat</p> <ul style="list-style-type: none"> ➤ Roll ball to a named person ➤ body percussion to nursery rhymes ➤ musical mats/run around circle back to mat <p>Main Activities:</p> <p><i>Exploring sessions</i></p> <ul style="list-style-type: none"> ➤ balls, all sizes etc ➤ balls, bean bags, quoits and dice ➤ ropes, hoops, skittles ➤ bats and balls <p>-</p> <p>Cool down:</p> <ul style="list-style-type: none"> - lie on floor with calm music - sleeping lions 	     	<p>Balls - selection</p>            

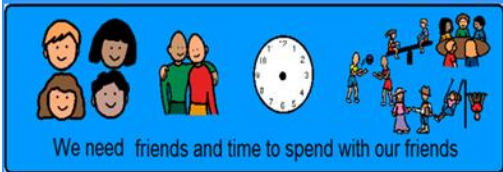




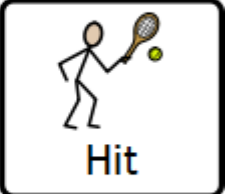
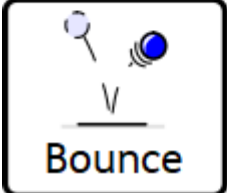
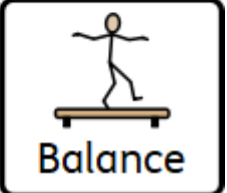
<ul style="list-style-type: none"> ➤ to co-operate with others in activities ➤ to improve eye contact ➤ to provide opportunities for the children to explore the games equipment and the space in the hall ➤ to improve listening skills 	 	<p>Warm up: <i>Co-operative sessions:</i> in a circle on a small mat each</p> <ul style="list-style-type: none"> ➤ roll ball to MANDY or a person chosen by child ➤ Body percussions - following actions to Nursery Rhymes / songs ➤ Musical mats - return to mats when music stops ➤ Run around circle once when name called <p>Main Activities: <i>Exploring sessions (music to be playing):</i></p> <ul style="list-style-type: none"> ➤ Each week a selection of equipment will be available to the children ➤ Adults to work 1:1 or 1:2 encouraging catching / throwing / rolling. Look for eye contact. ➤ Encourage movements of running and stopping ➤ Encourage eyes to follow ball/object and retrieve <p>Cool down:</p> <ul style="list-style-type: none"> ➤ Sleeping lions 	       	<p>Balls - various Quoits Bean bags Skittles Dice Small mats Hoops Ropes Javelins Music</p>
<ul style="list-style-type: none"> ➤ To travel with, send and receive a ball in different ways ➤ To explore ball skills and actions ➤ To encourage hand-eye co-ordination 	 	<p>Warm Up: <i>* Co-operative sessions:</i> circle on a mat</p> <ul style="list-style-type: none"> - rolling ball to a named person - body percussion following my actions to nursery rhymes - musical mats <p>Main Activities: <i>* Exploring sessions</i></p> <ul style="list-style-type: none"> ➤ balls, all sizes / types ➤ rolling across hall <ul style="list-style-type: none"> • rolling ball and following • retrieving ball • throwing ball ➤ kicking balls across hall <ul style="list-style-type: none"> • to adult • to child <p>Cool down</p>	     	<p>Balls - large Small Sensory Footballs Bean bags Scarves</p>

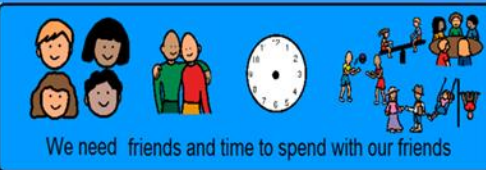





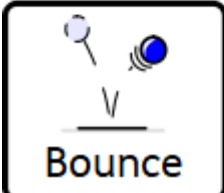
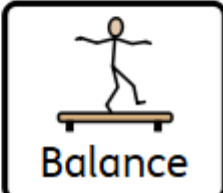
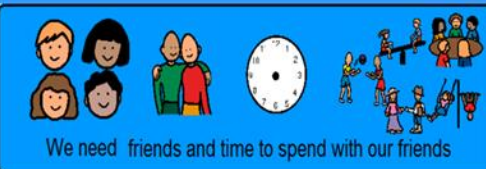



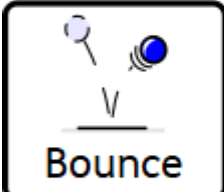
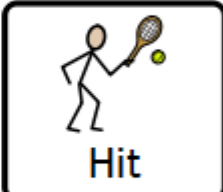
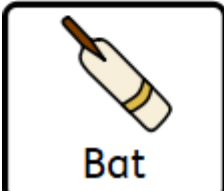
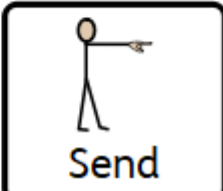
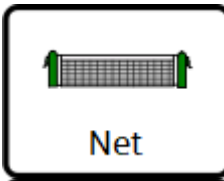
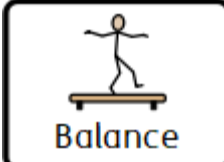
		Lie on mats to relaxing music/scarves Sleeping lions		
<ul style="list-style-type: none"> ➤ To develop throwing skills and sending skills ➤ To encourage catching skills and receiving skills ➤ To develop co-operative play ➤ To introduce new 'playground' games 	 	<p><u>Warm up / Co-operative session:</u> Circle games i.e. duck, duck, goose. 'Dusty Bluebells' 'Circle bag run' 'Pass the parcels'.</p> <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ Rolling ball across hall and collect ➤ Throwing ball across the hall and collect ➤ Throwing ball in air - watch and collect ➤ Throw ball in air and try and catch/collect ➤ In circle, adult in middle, throw ball and catch ➤ Teach selection of games i.e. follow my leader, Simon Says, Grandma's footsteps <p><u>Cool Down:</u></p> <ul style="list-style-type: none"> - Sleeping lions/scarves - Lie down to calm music 	      	Balls Bean Bags scarves
<ul style="list-style-type: none"> ➤ To develop throwing skills and catching skills ➤ To extend playground games ➤ To develop aiming skills by hitting target ➤ To encourage use of space, when moving around hall/playground, with regard to others 	 	<p><u>Warm up / Co-operative session:</u></p> <ul style="list-style-type: none"> ➤ Circle games ➤ N.S.E.W. ➤ Walking, jogging, running <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ Throw ball from sitting/crouching/standing position ➤ Throw ball from as above and try to catch ➤ Roll ball at target ➤ Throw ball at target ➤ Roll ball through another child's legs/into box/hoop/skittle ➤ Throw ball against wall. Catch (bounce) ➤ Introduce more playground games: 'What's time Mr Wolf' 'Tag' 'Tail Tag' 'Ball He' 	     	Balls Boxes Hoops Skittles 'Tails'

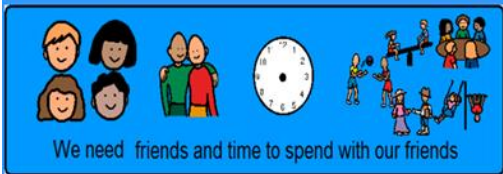


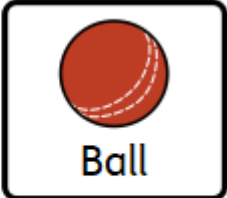
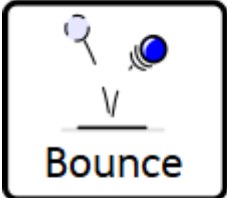
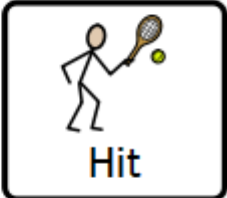
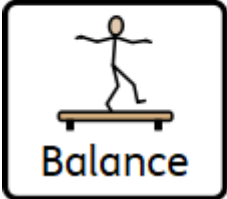
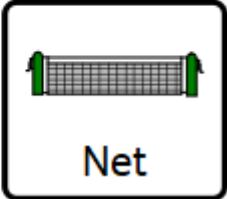

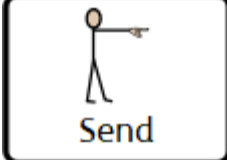






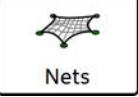
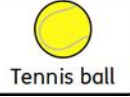
		<p><u>Cool Down:</u></p> <ul style="list-style-type: none"> ➤ Sleeping lions 		
<ul style="list-style-type: none"> ➤ To extend throwing skills and catching skills ➤ To extend aiming skills ➤ To reinforce games learned (playground) and introduce more ➤ To introduce partner activities 	 	<p><u>Warm up</u></p> <ul style="list-style-type: none"> ➤ Walking, jogging, running in different directions - fast/slow, big step, little step ➤ Running and jumping on signal ➤ Stop on signal ➤ N.S.E.W. <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ Throw and catch ball/bean bag individually ➤ Throw and aim at target ➤ In pairs, throwing, catching, collecting, receiving balls ➤ Above using variety of equipment ➤ Playground games. Selection: <ul style="list-style-type: none"> ○ 'May we cross your golden river?' ○ 'Cat and mouse' ○ 'Mr Wolf?' ○ Grandmothers footsteps' ○ 'Mouse trap' ○ 'got tag' <p><u>Cool Down:</u></p> <ul style="list-style-type: none"> ➤ Sleeping lions 	 Partner  Choose  Run  Throw  Catch  Pairs	<p>Bean bags Balls - various Dice Targets Javelin Quoits</p>
<ul style="list-style-type: none"> ➤ To extend throwing skills and catching skills ➤ To develop partner / small group activities ➤ To develop dodging and marking within games learnt 	 	<p><u>Warm up</u></p> <ul style="list-style-type: none"> ➤ Running, jumping, stretching, stopping. ➤ Traffic Lights ➤ Pairs <p><u>Main Activities</u></p> <ul style="list-style-type: none"> ➤ Throw and catch ball: <ul style="list-style-type: none"> ○ near > far ○ high > low ➤ Throw and catch: <ul style="list-style-type: none"> ○ Over-arm - underarm ○ at target ➤ 'Piggy in Middle' <ul style="list-style-type: none"> ○ Above using variety of equipment: - in pairs/groups 	 Together  Pairs  Group  Dodge  Mark  Bounce	<p>Balls - selection Targets</p>

		<div>➤ Playground games:<ul style="list-style-type: none">○ Ball He○ Tail Tag○ Cat and Mouse○ Bench Ball</div> <div><u>Cool Down:</u><ul style="list-style-type: none">➤ Sleeping lions➤ Stretches</div>		
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Topic Name: GAMES – BATS & BALLS/ TENNIS				
Lesson Objective	UNICEF RRS Article	Suggested Activities	Vocab/Symbols/ Makaton	Resources
<ul style="list-style-type: none"> ➤ to introduce bats and balls ➤ to develop eye/hand co-ordination ➤ to develop control using a bat ➤ to co-operate with others in activities 	 	<p><u>Warm Up:</u></p> <ul style="list-style-type: none"> - circle games <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> - show different bats and balls - children to choose a bat and ball and explore - adults to help and encourage on 1:1 basis - circle - throw ball for child to catch and throw back - children - a bat. Adult to throw ball for children to hit (in 2 groups or 1:1) - how high can they hit ball? - How far can they hit ball? - Can they bounce ball on bat? <p><u>Warm down:</u></p> <ul style="list-style-type: none"> - Sleeping lions 	 Bat  Ball  Throw  Hit  Catch  Up  Down	<p>Variety of soft balls</p> <p>Variety of bats</p> 
<ul style="list-style-type: none"> ➤ To develop and explore the uses of bats and balls ➤ To remember and repeat simple skills and actions with more control and co-ordination ➤ To improve control in running and stopping 	 	<p><u>Warm Up:</u></p> <ul style="list-style-type: none"> - circle games - Run-around - stop on signal <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> - Boxes with balls inside. Show and name (big, small, yellow etc). Send balls across hall - children to retrieve and return to correct box - Show bats - children to choose bat and ball and explore - Ball on floor - hit with bat. Stand sideways on, holding bat so flat surface is behind ball - Pairs - bat ball to partner (across floor) - Bounce ball in hoops - how far? How accurate? Bounce and catch. Throw up and catch - Circle - throw and catch bean bag then ball <p><u>Warm down:</u></p> <ul style="list-style-type: none"> - Sleeping lions 	 Bat  Ball  Throw  Hit  Catch  Up  Down	<p>Variety of soft balls</p> <p>Variety of bats</p>  Bean bags  Rackets  Soft Ball  Quoits  Hoops  Ropes  Nets  Tennis ball

<ul style="list-style-type: none"> ➤ To remember and repeat simple action and skills ➤ To increase co-ordination ➤ To introduce use of hand as a bat ➤ To introduce use of bats and balls ➤ To increase control of a ball and body movements <p>To introduce a tennis racket or similar bat</p>	 	<p><u>Warm Up:</u></p> <ul style="list-style-type: none"> - Traffic lights - Captains coming - Circle games <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> - Individually: each child a ball. Balance ball on hand holding arm out in front - high/low. Swap hands - Bounce ball on back of hand. Pat ball up a few cm's, catch if possible. Swap hands - Patting ball on floor - continuously. Pat ball on wall and retrieve. Show. - Give children racket/bat. Practice holding, gripping, swinging to hit an imaginary ball. Hit high/low/different directions - Bat and ball each - explore - what can you do? Balance ball on bat? Walk balancing ball on bat? Bounce ball up/down. Show. - Pairs: pushing ball to each other along floor using bat - 2 groups: adult throws ball for child to hit. Take turns. <p><u>Warm down:</u></p> <ul style="list-style-type: none"> - Sleeping lions 	     	<p>Rackets/bats Bats Soft balls (small) Soft balls (large)</p>

<ul style="list-style-type: none"> ➤ To increase control of a ball and body co-ordination ➤ To use a racket to control a ball ➤ To hold a racket correctly ➤ To encourage co-operative practice <p>To develop eye/hand co-ordination</p>	 	<p><u>Warm Up:</u></p> <ul style="list-style-type: none"> - Traffic lights - Circle games <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> - Individually: give each child a racket. Show and check hold - Balance ball on racket. Move around hall. - Bounce ball up continually - how many times? - Bounce ball down continually - how many times? Show. - 2 groups: adult throw ball - child hit ball. Then direct ball towards adult. Repeat. Take turns - Pairs: racket each - push ball to partner using rackets - hit ball to partner & return it - Individually: how far can you hit ball? Hit ball towards target. <p><u>Warm down:</u></p> <ul style="list-style-type: none"> - Sleeping lions 	     	<p>Rackets/bats Bats Soft balls (small) Soft balls (large)</p>
<ul style="list-style-type: none"> ➤ To explore basic skills, actions and ideas ➤ To send and receive a ball using a tennis racket and develop simple net games ➤ To consolidate correct racket hold ➤ To develop balls skills and ball control <p>To develop eye/hand co-ordination</p>	 	<p><u>Warm Up:</u></p> <ul style="list-style-type: none"> - Traffic lights - Captains coming - Circle games <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> - Ball each: throw ball up & catch, bounce ball on ground & catch - Place ball on flat hand and balance - Use hand as bat and bounce on floor - Give each child a racket. Show correct hold - Balance ball on racket. Walk with ball balanced - Pairs: push ball to partner using bats. Can they strike ball with bat to each other? - Individually: bounce ball up continually. Bounce ball down continually. How many times? Show. - Pairs: 1 with bat. 'A' rolls to 'B' who hits it back to 'A'. Repeat then swap over. - Individually: find a space on wall and try hitting ball onto wall and repeat - Pairs: softly hit ball to each other using rackets - let it bounce 	       	<p>Rackets Soft balls Ropes</p>

		<ul style="list-style-type: none"> - Bounce ball over rope and catch. Then using rackets. - Use tennis net. <p><u>Warm down:</u></p> <ul style="list-style-type: none"> - Sleeping lions 		
<ul style="list-style-type: none"> ➤ To consolidate existing skills and gain new ones ➤ To play small sided and modified net games ➤ To develop ball skills and ball control ➤ To develop co-ordination and hand/eye movements <p>To work in pairs, co-ordinating movements</p>	 	<p><u>Warm Up:</u></p> <ul style="list-style-type: none"> - Freeze, running and stop on signal - Ball He <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> - Bat & ball each. Can you: balance ball on bat? Walk & balance ball? - Hit ball up, let bounce then hit again? - Pat bounce - how many times? - Hit ball up - how many times? - Pairs: 1 throw - other hit back to partner 1 child hits ball - partner to catch - Individual: - bounce and hit ball against wall, let bounce and hit again - Pairs: - bounce ball on wall - partner return against wall - both with rackets, pass ball to each other - as above over rope or bench - Pairs / 4's: - small game over bench or net <p><u>Warm down:</u></p> <ul style="list-style-type: none"> - Sleeping lions 	 Racket  Ball  Bounce  Hit  Balance  Net  Serve  Send	<p>Small soft balls Tennis rackets Tennis balls Benches Net Ropes</p>  Bean bags  Rackets  Soft Ball  Quoits  Hoops  Ropes  Nets  Tennis ball

List of Equipment / Resources:



Bean bags



Rackets

Soft Ball



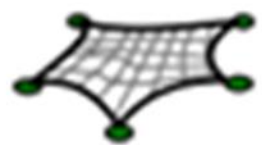
Quoits



Hoops



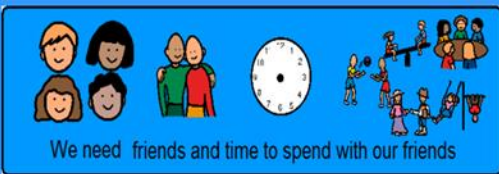


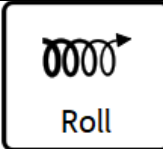
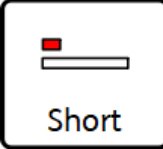


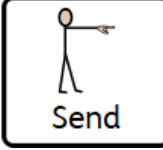






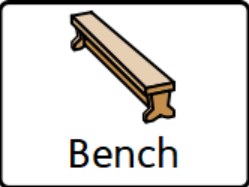
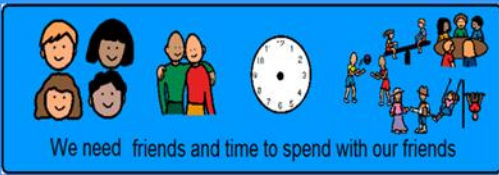


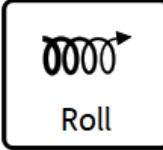
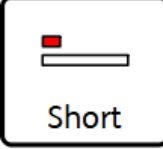


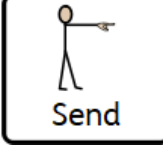
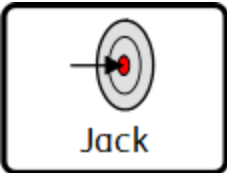




Ropes


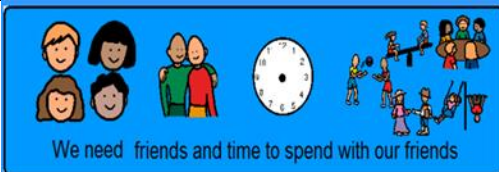





























































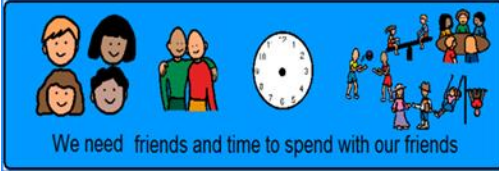





















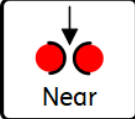
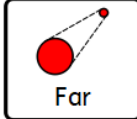
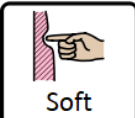
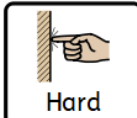
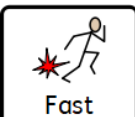
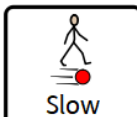








Nets





























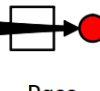





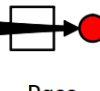






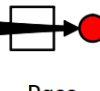



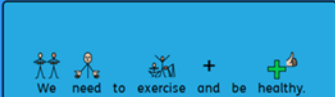









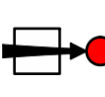







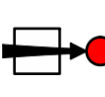















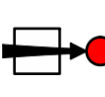






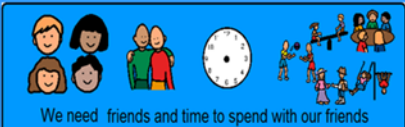






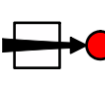
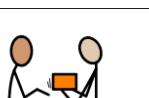
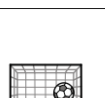





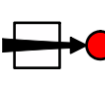
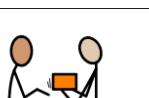
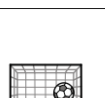






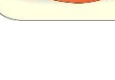





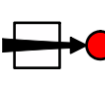
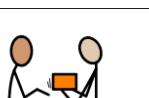
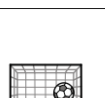
Tennis ball

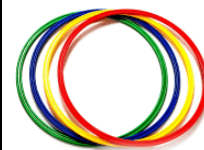

Topic Name: GAMES – BOCCIA				
Lesson Objective	UNICEF RRS Article	Suggested Activities	Vocab/Symbols/Makaton	Resources
<ul style="list-style-type: none"> ➤ To aim a ball at a target ➤ To develop sending skills ➤ To develop eye-hand co-ordination ➤ To learn how to take turns 	 	<p><u>Warm up:</u> Circle games Run around games e.g. Traffic Lights, Musical spots etc</p> <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ Sit on chairs in circle or benches opposite each other. Roll ball at a target - mat, hoop, bean bag tower etc. ➤ Take turns to roll ball ➤ In line, as above ➤ Who can get their ball nearest the target (the JACK) <p><u>Warm down:</u> Sleeping Lions</p>	 Ball  Roll  Short  Long  Sit  Send  Boccia  Jack	<p>Boccia Sets Small balls Targets Chairs Benches</p>  Boccia  Balls  Targets  Chairs  Bench
<ul style="list-style-type: none"> ➤ To develop sending skills, aiming at a target ➤ To develop eye-hand co-ordination ➤ To learn how to take turns, working as a team 	 	<p><u>Warm up:</u> Run around games e.g. Traffic Lights, Musical spots etc</p> <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ Sit on chairs in circle. Roll ball at a target - mat, hoop, bean bag etc. ➤ Take turns to roll ball ➤ In line, as above ➤ Who can get their ball nearest the target (the JACK) ➤ Put large target at other end of hall- children to roll? Throw balls at target to knock down. How hard/fast do they need to roll to knock down? ➤ 3 groups with adult - roll/ throw at target. ➤ Put in teams. Mini Game. Take turns using different colour balls. Who nearest? Who wins? 	 Ball  Roll  Short  Long  Sit  Send  Jack	<p>Boccia Sets Small balls Targets Chairs Benches</p>  Boccia  Balls  Targets  Chairs

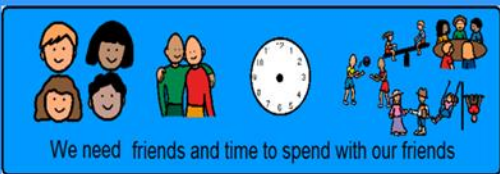

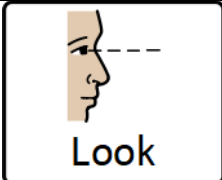

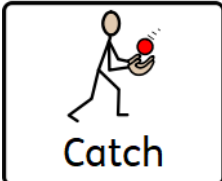
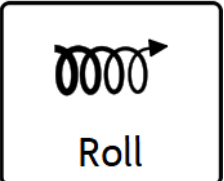
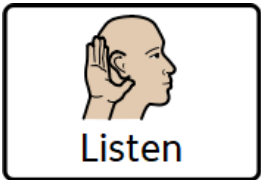
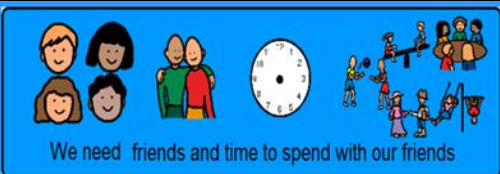

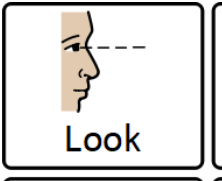

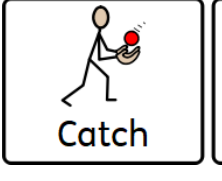
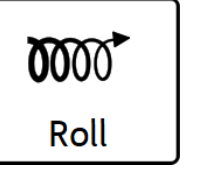

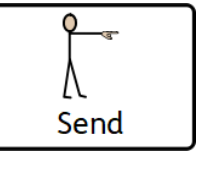

		<p><u>Warm down:</u> Sleeping Lions</p>	<div> Boccia</div>																					
<ul style="list-style-type: none">➤ To learn how to play a game of Boccia➤ To develop sending skills, estimating distance➤ To develop eye-hand co-ordination➤ To learn how to work as a team	<div></div> <div></div>	<p><u>Warm up:</u> Run around games e.g. Traffic Lights, NSEW etc</p> <p><u>Main Activities:</u></p> <ul style="list-style-type: none">➤ Sit on chairs in circle. Roll ball at a target - mat, hoop, bean bag etc➤ Who can get their ball nearest the target (the JACK)➤ Put large target at other end of hall- children to roll? Throw balls at target to knock down. How hard/fast do they need to roll to knock down? How far away is target?➤ Use RAMP to get nearest to the target.➤ 3 groups with adult - roll/ throw at target.➤ Kurling Set➤ Put in teams. Mini Game. Take turns using different colour balls. Who nearest? Who wins? <p><u>Warm down:</u> Sleeping Lions</p>	<table><tr><td> Ball</td><td> Roll</td></tr><tr><td> Short</td><td> Long</td></tr><tr><td> Sit</td><td> Send</td></tr><tr><td> Near</td><td> Far</td></tr><tr><td> Soft</td><td> Hard</td></tr><tr><td> Fast</td><td> Slow</td></tr><tr><td> Boccia</td><td> Jack</td></tr></table>	 Ball	 Roll	 Short	 Long	 Sit	 Send	 Near	 Far	 Soft	 Hard	 Fast	 Slow	 Boccia	 Jack	<p>Boccia Sets Small balls Targets Chairs Kurling Set Ramp Benches</p> <table><tr><td> Boccia</td><td> Balls</td></tr><tr><td> Targets</td><td> Chairs</td></tr><tr><td> Kurling</td><td> Ramp</td></tr></table>	 Boccia	 Balls	 Targets	 Chairs	 Kurling	 Ramp
 Ball	 Roll																							
 Short	 Long																							
 Sit	 Send																							
 Near	 Far																							
 Soft	 Hard																							
 Fast	 Slow																							
 Boccia	 Jack																							
 Boccia	 Balls																							
 Targets	 Chairs																							
 Kurling	 Ramp																							
<ul style="list-style-type: none">➤ To learn how to play and score a game of Boccia➤ To develop sending skills, estimating distance➤ To develop eye-hand co-ordination and special awareness➤ To learn how to work as a team	<div></div> <div></div>	<p><u>Warm up:</u> Run around games e.g. Traffic Lights, NSEW etc</p> <p><u>Main Activities:</u></p> <ul style="list-style-type: none">➤ Sit on chairs in circle. Roll ball at a target - mat, hoop, bean bag etc➤ Who can get their ball nearest the target (the JACK)➤ Put large target at other end of hall- children to roll? Throw balls at target to knock down. How hard/fast do they need to roll to knock down? How far away is target?➤ Throw ball over a bench onto a mat/at target.➤ Use RAMP to get nearest to the target.➤ 3 groups with adult - roll/ throw at target.	<table><tr><td> Ball</td><td> Roll</td></tr><tr><td> Short</td><td> Long</td></tr><tr><td> Sit</td><td> Send</td></tr></table>	 Ball	 Roll	 Short	 Long	 Sit	 Send	<p>Boccia Sets Small balls Targets Chairs Kurling Set Ramp Benches</p>														
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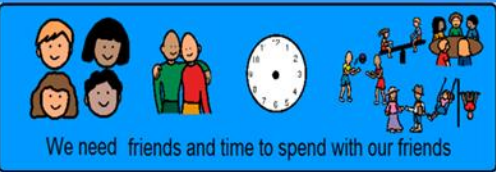

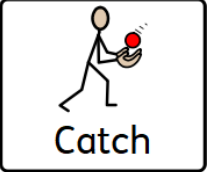

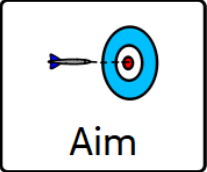
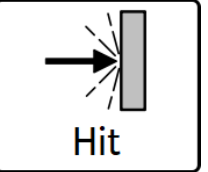
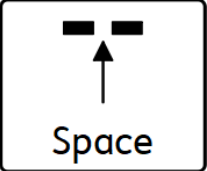
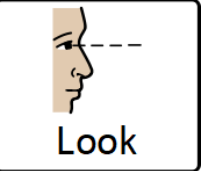
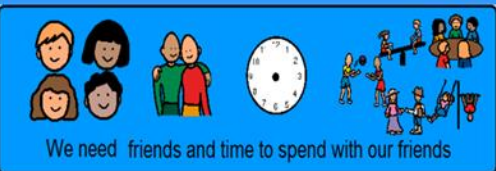

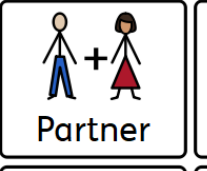
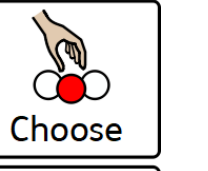
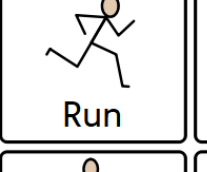
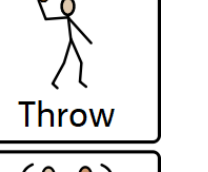
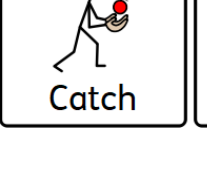
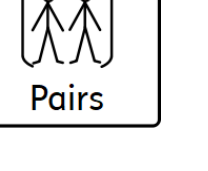
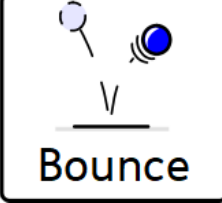
		<ul style="list-style-type: none"> ➤ Kurling Set ➤ Put in teams. <i>Game.</i> Take turns using different colour balls. Who nearest? Who wins? ➤ Get children to score. <p><u>Warm down:</u> Sleeping Lions</p>	<div> Near </div> <div> Far </div> <div> Soft </div> <div> Hard </div> <div> Fast </div> <div> Slow </div> <div> Boccia </div> <div> Jack </div>	<div> Boccia </div> <div> Balls </div> <div> Targets </div> <div> Chairs </div> <div> Kurling </div> <div> Ramp </div>
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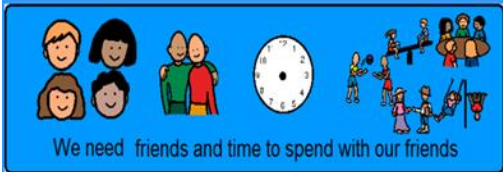


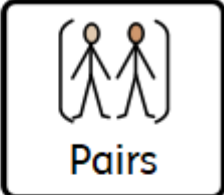

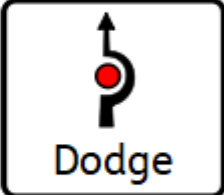

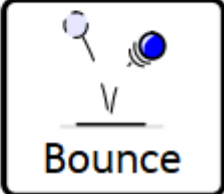
Topic Name: GAMES – Football										
Lesson Objective	UNICEF RRS Article	Suggested Activities	Vocab/Symbols/ Makaton	Resources						
<ul style="list-style-type: none">➤ To co-operate with others in activities➤ To introduce footballs/develop football skills eg. Kicking, dribbling➤ To extend dribbling skills and control of ball	<div></div> <div></div>	<p><u>Warm up/co-operative session</u></p> <p>In circle:</p> <ul style="list-style-type: none">- roll ball to each other- run around holding a ball- dribble a ball around circle- stand and pass ball to each other- stopping ball with foot first <p><u>Main Activities:</u></p> <ul style="list-style-type: none">➤ Ball each: practice dribbling then stop - around cones➤ Kick onto wall➤ Kick across hall➤ Kick to score goal➤ Kick to a partner➤ 2 groups - dribble across hall then score goal. How many in 2 minutes? <p><u>Cool Down:</u></p> <ul style="list-style-type: none">➤ sleeping lions	<table><tr><td> Football</td><td> Kick</td></tr><tr><td> Dribble</td><td> Hold</td></tr><tr><td> Stop</td><td> Score</td></tr></table>	 Football	 Kick	 Dribble	 Hold	 Stop	 Score	<div></div>
 Football	 Kick									
 Dribble	 Hold									
 Stop	 Score									
<ul style="list-style-type: none">➤ To introduce dribbling a ball➤ To introduce kicking a ball and receiving a ball with some control➤ To kick a ball at a target/goal➤ To pass a ball to a partner	<div></div> <div></div>	<p><u>Warm up / Co-operative session:</u></p> <p>Circle games ie. duck, duck, goose. 'What's time Mr Wolf' 'Grandmother's footsteps'.</p> <p><u>Main Activities:</u></p> <ul style="list-style-type: none">➤ Ball each. Run around holding. Dribble ball around hall. Stop on command - put foot on ball. Sit on ball➤ Dribble half way across hall. Score goal.➤ Ball between knees - move around hall➤ Pairs - ball passed between. Stop ball by blocking with legs/feet➤ Circle - run around holding ball. Dribble ball around to named person➤ Dribble ball in and out of cones/bean bags scattered around hall➤ Play small games - 1:1 or 2:2 <p><u>Cool Down:</u></p> <p>Sleeping lions.</p>	<table><tr><td> Football</td><td> Kick</td></tr><tr><td> Dribble</td><td> Hold</td></tr><tr><td> Stop</td><td> Pass</td></tr></table>	 Football	 Kick	 Dribble	 Hold	 Stop	 Pass	<div></div>
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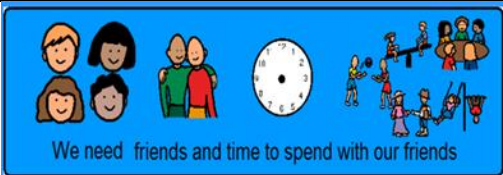

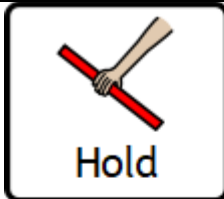
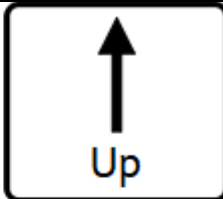
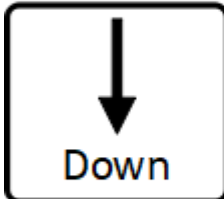


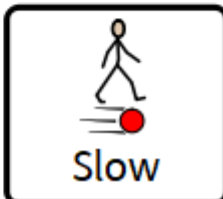



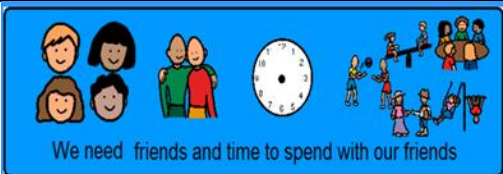

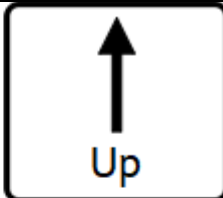
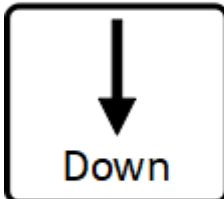


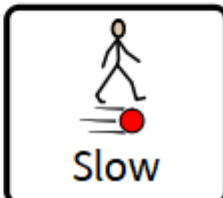


<ul style="list-style-type: none">➤ To play a simple game of football.➤ To practice dribbling, passing and stopping the ball.➤ To keep to rules of the game➤ To work co-operatively with others➤ To know which way own team scoring	<div><div><div><div><div>Article 24</div><div></div></div><div><div><div>Article 15</div><div></div></div></div></div></div></div>	<p><u>Warm up</u> Selection of playground games eg. stuck in the mud, tail tag, ball he.</p> <p><u>Main Activities:</u></p> <ul style="list-style-type: none">➤ Ball each and dribble ball around hall.➤ Ball each: dribble the ball, stop on command. (Use inside foot) - around bean bags, hoops. Practice jumping over ball. Kick ball at wall and receive/stop. Aiming at a spot/mark.➤ Pairs: pass ball to each other. Stop with foot before passing back. Then slow ball down with a 'touch' then pass back. 1 dribbles - other tries to steal ball.➤ Piggy in the middle type game➤ Groups x 2: dribble across hall then kick and score.➤ Small game - trying to keep to rules and passing to team mates.➤ Work as a team➤ Can children keep score?➤ Can children explain rules to others? <p><u>Cool Down:</u> Sleeping lions.</p>	<table><tr><td> Football</td><td> Kick</td></tr><tr><td> Dribble</td><td> Hold</td></tr><tr><td> Stop</td><td> Pass</td></tr><tr><td> Receive</td><td> Score</td></tr></table>	 Football	 Kick	 Dribble	 Hold	 Stop	 Pass	 Receive	 Score	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
 Football	 Kick											
 Dribble	 Hold											
 Stop	 Pass											
 Receive	 Score											
<ul style="list-style-type: none">➤ To perform actions and skills with more consistent control and quality➤ To practice dribbling, passing and stopping the ball, using more control➤ To work with others as a team➤ To discuss ways to improve skills	<div><div><div><div><div>Article 24</div><div></div></div><div><div><div>Article 15</div><div></div></div></div></div></div></div>	<p><u>Warm up</u> Selection of playground games eg. stuck in the mud, tail tag, ball he.</p> <p><u>Main Activities:</u></p> <ul style="list-style-type: none">➤ Ball each: dribble the ball, stop on command. (Use inside foot) - around bean bags, hoops. Practice jumping over ball. Kick ball at wall and receive/stop. Aiming at a spot/mark.➤ Pairs: pass ball to each other. Stop with foot before passing back. Then slow ball down with a 'touch' then pass back. 1 dribbles - other tries to steal ball.➤ Groups x 2: dribble across hall then kick and score. How many in 2 mins? Pass ball to each other - stop and return.➤ Game -Discuss need for rules.➤ Can children keep to rules?➤ How can we improve our game? <p><u>Cool Down:</u> Sleeping lions.</p>	<table><tr><td> Football</td><td> Kick</td></tr><tr><td> Dribble</td><td> Hold</td></tr><tr><td> Stop</td><td> Pass</td></tr><tr><td> Receive</td><td> Score</td></tr></table>	 Football	 Kick	 Dribble	 Hold	 Stop	 Pass	 Receive	 Score	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
 Football	 Kick											
 Dribble	 Hold											
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 Receive	 Score											


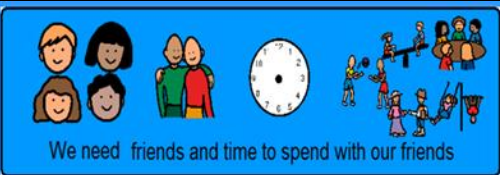

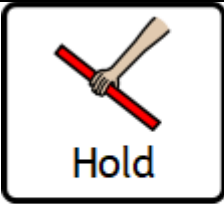
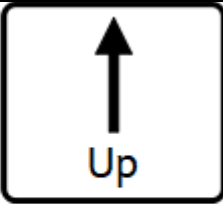
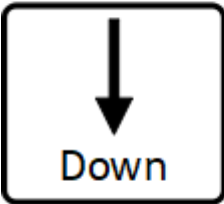

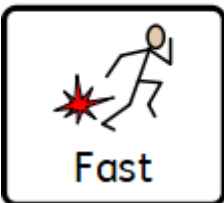
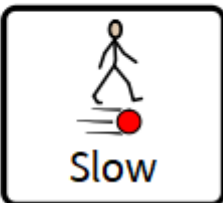




				 
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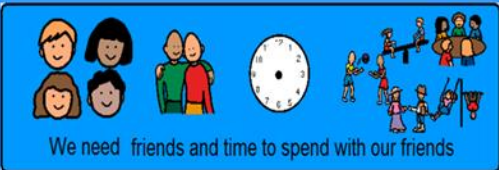

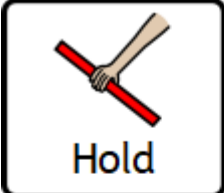
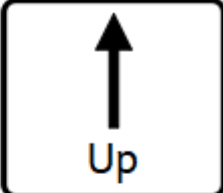
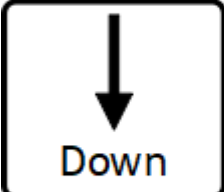

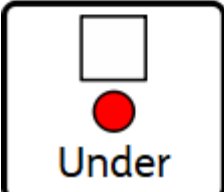
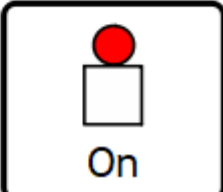




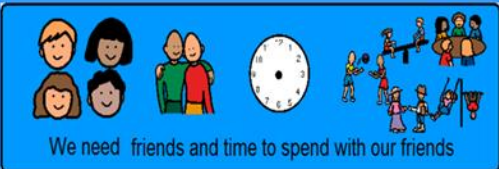

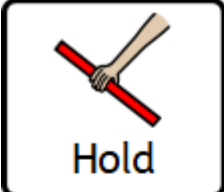
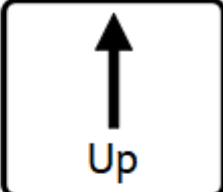
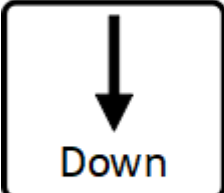

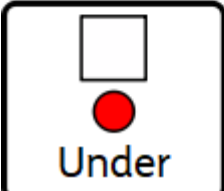
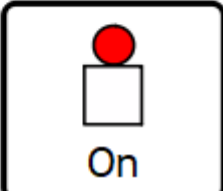
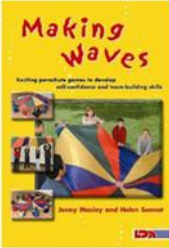
Topic Name: GAMES – Netball/Basketball				
Lesson Objective	UNICEF RRS Article	Suggested Activities	Vocab/Symbols/ Makaton	Resources
<ul style="list-style-type: none"> ➤ To travel with, send and receive a ball using throwing and catching. ➤ To explore ball skills and actions. ➤ To encourage hand-eye co-ordination. 	 	<p><u>Warm Up:</u></p> <p>* <i>Co-operative sessions:</i> circle on a mat</p> <ul style="list-style-type: none"> - rolling ball to a named person - body percussion following my actions to nursery rhymes - musical spots <p><u>Main Activities:</u></p> <p>* <i>Exploring sessions</i></p> <ul style="list-style-type: none"> ➤ balls, all sizes / type ➤ rolling across hall ➤ rolling ball and following ➤ retrieving ball ➤ throwing ball ➤ throwing balls across hall ➤ catching balls thrown to child ➤ throwing and catching in a circle to adult ➤ throwing at/into a target ➤ throwing and catching in pairs <p>Play game of Ball He</p> <p><u>Cool down</u></p> <p>Lie on mats to relaxing music/scarves/ Sleeping Lions</p>	    	<p>Balls - large Small Sensory Footballs Bean bags Scarves</p> <p>Boxes Hoops Mats</p>
<ul style="list-style-type: none"> ➤ To develop throwing skills and sending skills ➤ To encourage catching skills and receiving skills ➤ To develop co-operative play ➤ To introduce new 'playground' games 	 	<p><u>Warm up / Co-operative session:</u></p> <p>Circle games i.e. duck, duck, goose. 'Dusty Bluebells' 'Circle bag run'.</p> <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ Rolling ball across hall and collect ➤ Throwing ball across the hall and collect ➤ Throwing ball in air - watch and collect ➤ Throw ball/bean bag in air and try and catch/collect ➤ In circle, adult in middle, throw ball and catch ➤ Throwing object/ball at/into target ➤ Teach selection of games i.e. follow my leader, Simon Says, Grandma's footsteps <p><u>Cool Down:</u></p> <ul style="list-style-type: none"> ➤ Sleeping lions/scarves ➤ Lie down to calm music 	      	<p>Balls Bean Bags Scarves</p> <p>Boxes Hoops Mats</p>

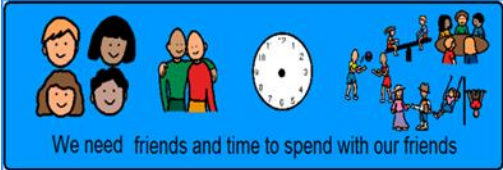

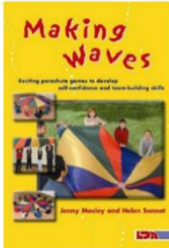
<ul style="list-style-type: none"> ➤ To develop throwing skills and catching skills ➤ To extend playground games ➤ To develop aiming skills by hitting target ➤ To encourage use of space, when moving around hall/playground, with regard to others 	 	<p><u>Warm up / Co-operative session:</u></p> <ul style="list-style-type: none"> ➤ Circle games ➤ N.S.E.W. ➤ Walking, jogging, running <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ Throw ball from sitting/crouching/standing position ➤ Throw ball from as above and try to catch ➤ Roll ball at target ➤ Throw ball at target ➤ Roll ball through another child's legs/into box/hoop/skittle ➤ Throwing and catching in pairs ➤ Bounce ball and catch on own/in pairs ➤ Throw ball against wall. Catch (bounce) ➤ Introduce more playground games: 'What's the time Mr Wolf' 'Tag' 'Tail Tag' 'Ball He' <p><u>Cool Down:</u></p> <ul style="list-style-type: none"> ➤ Sleeping lions 	 <p>Catch</p>  <p>Throw</p>  <p>Aim</p>  <p>Hit</p>  <p>Space</p>  <p>Look</p>	<p>Balls Bean bags Boxes Hoops Skittles 'Tails'</p>
<ul style="list-style-type: none"> ➤ To extend throwing skills and catching skills ➤ To extend aiming skills ➤ To use bouncing ball as a way of passing ➤ To extend partner activities 	 	<p><u>Warm up</u></p> <ul style="list-style-type: none"> ➤ Walking, jogging, running in different directions - fast/slow, big step, little step ➤ Running and jumping on signal ➤ Stop on signal ➤ N.S.E.W. <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ Throw and catch ball/bean bag individually ➤ Throw and aim at target ➤ In pairs, throwing, catching, collecting, receiving balls ➤ Above using variety of equipment ➤ Bounce ball at target ➤ Bounce ball to partner ➤ Play games e.g. Ball He, Bench Ball. Encourage throwing and bouncing. ➤ Using nets as targets for shooting goals <p><u>Cool Down:</u></p>	 <p>Partner</p>  <p>Choose</p>  <p>Run</p>  <p>Throw</p>  <p>Catch</p>  <p>Pairs</p>  <p>Bounce</p>	<p>Bean bags Balls - various Dice Targets Nets</p>

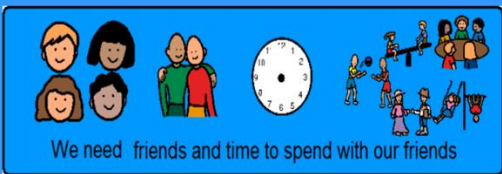


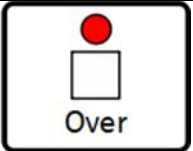
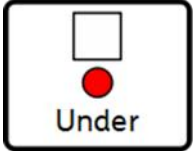

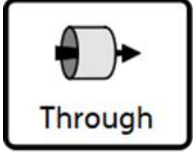
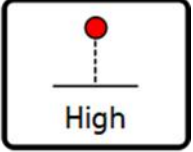
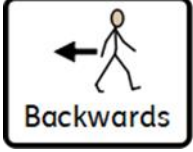
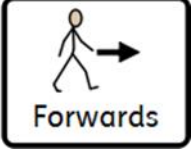



		➤ Sleeping lions		
<ul style="list-style-type: none"> ➤ To extend throwing skills and catching skills ➤ To develop partner / small group activities ➤ To develop dodging and marking within games learnt ➤ To reinforce bouncing ball as method of passing 	 	<p><u>Warm up</u></p> <ul style="list-style-type: none"> - Running, jumping, stretching, stopping. - Traffic Lights - Pairs <p><u>Main Activities</u></p> <ul style="list-style-type: none"> - Throw, bounce and catch ball: <ul style="list-style-type: none"> o near > far o high > low - Throw, bounce and catch: <ul style="list-style-type: none"> o Over-arm - underarm o at target/into net - 'Piggy in Middle' - Above using variety of equipment: <ul style="list-style-type: none"> o in pairs o in groups - Playground games: <ul style="list-style-type: none"> o Ball He o Tail Tag o Cat and Mouse o Bench Ball <p>Play mini games of netball/basketball - 2x2 then 3x3 etc.</p> <p><u>Cool Down:</u></p> <ul style="list-style-type: none"> - Sleeping lions - Stretches 	     	<p>Balls - selection</p> <p>Targets</p> <p>Nets</p>

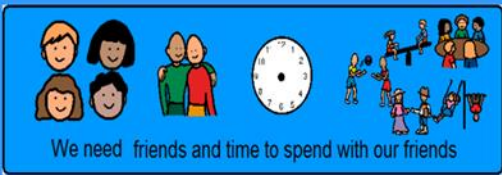


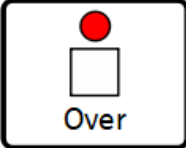
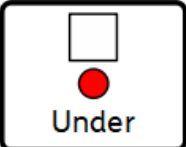

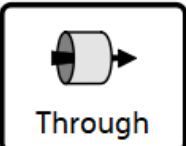
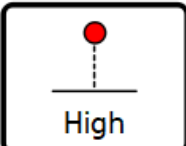
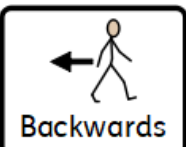
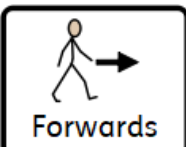

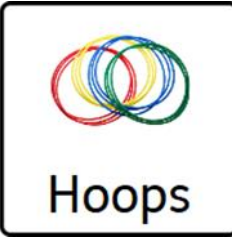

Topic Name: PARACHUTE				
Lesson Objective	UNICEF RRS Article	Suggested Activities	Vocab/Symbols/Makaton	Resources
<ul style="list-style-type: none"> ➤ to introduce using a parachute ➤ to develop special awareness ➤ to teach how to hold parachute ➤ to learn shaking technique 	 	<p><u>Warm up:</u></p> <ul style="list-style-type: none"> ➤ Circle Games ➤ running around the hall - stop on signal <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ Practice sitting around parachute. ➤ Checking and showing how to hold correctly ➤ Shaking parachute and stop on signal. Shake 'gently', 'fast', 'slow', sitting / standing. ➤ Put ball(s) on parachute and shake. Watch ball(s) jump ➤ Child/children sit or lie on parachute and others shake. Children to feel cool etc ➤ All children under parachute and adults to billow it above ➤ Extend time each week using parachute according to interest levels. Be aware of children being on task. ➤ Selection of equipment to explore <p><u>Cool down:</u></p> <p>Sleeping Lions/ lying on floor to relaxing music</p>	      	<p>Parachutes Small foam balls Large soft balls</p> <p>Selection of PE equipment</p>  
<ul style="list-style-type: none"> ➤ to re-introduce using a parachute ➤ to work co-operatively with others ➤ to develop spacial awareness ➤ to reinforce how to hold parachute 		<p><u>Warm up:</u></p> <ul style="list-style-type: none"> ➤ Circle Games ➤ running around the hall - stop on signal <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ Practice sitting around parachute. ➤ Checking and showing how to hold correctly ➤ Shaking parachute and stop on signal. Shake 'gently', 'fast', 'slow', sitting / standing. ➤ Put ball(s) on parachute and shake. Watch ball(s) jump ➤ Can children keep balls on top of parachute? 	     	<p>Parachutes Small foam balls Large soft balls</p>  

		<ul style="list-style-type: none"> ➤ Make a dome. 1 or 2 children squash air out ➤ Child/children sit or lie on parachute and others shake. Children to feel cool etc. Can children say how they feel? ➤ All children under parachute and adults to billow it above <p><u>Cool down:</u> Sleeping Lions/ lying on floor to relaxing music</p>		
<ul style="list-style-type: none"> ➤ to develop use of parachute ➤ to develop co-operation with others ➤ to develop confidence ➤ to reinforce how to hold parachute ➤ to make a 'dome' with the parachute 	 	<p><u>Warm up:</u></p> <ul style="list-style-type: none"> ➤ run around hall - stop on signal ➤ musical bumps <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ holding parachute correctly - check ➤ sitting around parachute ➤ Hold parachute on ground ➤ shaking parachute and stop on command - fast/slow ➤ make dome with parachute - practice 1,2,3 up ➤ Make dome and 1 or 2 children squash air out ➤ balls on parachute and shake ➤ child/ren on parachute / under and shake ➤ listen for name then go under parachute ➤ Adults to make waves over children. <p><u>Cool down:</u></p> <ul style="list-style-type: none"> ➤ lie under parachute quietly 	 <p>Hold</p>  <p>Up</p>  <p>Down</p>  <p>Shake</p>  <p>Fast</p>  <p>Slow</p>  <p>Stop</p>  <p>Dome</p>	<p>Parachute Foam balls - small and large</p>  <p>Balls</p>  <p>Parachute</p>

<ul style="list-style-type: none"> ➤ to build up self-esteem and confidence ➤ To encourage turn taking ➤ To encourage children to listen to instructions ➤ To teach basic games using parachute 	 	<p><u>Warm up:</u></p> <ul style="list-style-type: none"> ➤ run around hall - stop/sit on signal ➤ traffic lights ➤ numbers <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ check hold on parachute ➤ make a wave go across parachute to person opposite, taking turns ➤ shake fast/slow ➤ make dome - swap places under ➤ make dome - run around using numbers ➤ introduce: <ul style="list-style-type: none"> - 'sharks' - 'cat', 'mouse' - Balls on parachute and shake, keeping balls on ➤ Make a tent and sit inside <p><u>Cool down:</u></p> <ul style="list-style-type: none"> ➤ Sit quietly in tent and adults try to guess who's who 	       	<p>Parachute soft balls - small and large</p>  
<ul style="list-style-type: none"> ➤ to work co-operatively with others ➤ to listen to instructions and follow them ➤ to build up confidence and self esteem ➤ to teach basic games using the parachute 	 	<p><u>Warm up:</u></p> <ul style="list-style-type: none"> - run around activities - numbers, traffic lights, musical bumps - Circle game - duck duck / numbers <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> - check hold on parachute - wave across to opposite child - turn taking - sitting, make dome and choose child(ren) to squash out air - selection of games: <ul style="list-style-type: none"> o swap under dome (M.W.) o balls on top - keep on/make go down hole o cat and mouse (P.A.P.) o sharks (P.A.P.) 	     	<p>Parachute Selection of balls Parachute books:</p> <ul style="list-style-type: none"> - 'Making waves' (M.W.)  <ul style="list-style-type: none"> - 'Parachute Activity' Pack (P.A.P.)

		<ul style="list-style-type: none"> ○ turtle ○ tent ○ roll ball around to certain named person ○ <p><u>Cool down:</u></p> <ul style="list-style-type: none"> - under tent either 'sleeping lions' or 'guess who' 	<div>Wave</div> <div>Tent</div>	
<ul style="list-style-type: none"> ➤ to extend co-operation skills ➤ to encourage better communication/listening skills ➤ to build trust within the group ➤ to introduce new games to play with the parachute 	 	<p><u>Warm up:</u></p> <ul style="list-style-type: none"> ➤ run around games - traffic lights, numbers, N.S.E.W. ➤ circle games 'duck duck' <p><u>Main Activities:</u></p> <ul style="list-style-type: none"> ➤ waves across parachute ➤ make dome and squash out air ➤ selection of parachute games <ul style="list-style-type: none"> - coloured balls (P.A.P) - roll the ball (P.A.P.) - out in the boat (M.W.) - Who's shoes (M.W.) - Tortoise (M.W.) - Place swap (M.W.) - Cat and mouse (P.A.P.) - Sharks (P.A.P.) - Balls off (P.A.P.) - Turn it over (P.A.P.) <p><u>Cool down:</u></p> <ul style="list-style-type: none"> ➤ Sleeping lions under parachute or tent and 'who's who?' 	<div>Over</div> <div>Under</div> <div>Swap</div> <div>Shake</div> <div>Up</div> <div>On</div> <div>Down</div> <div>Wave</div>	<p>Parachute Selection of balls Parachute books:</p> <ul style="list-style-type: none"> - 'Making Waves' (M.W.)  <ul style="list-style-type: none"> - 'Parachute Activity' Pack (P.A.P.)

Topic Name: FITNESS - Skipping				
Lesson Objective	UNICEF RRS Article	Suggested Activities	Vocab/Symbols/Makaton	Resources
<ul style="list-style-type: none"> ➤ To introduce skipping with ropes/hoops ➤ To introduce need for keeping fit ➤ To develop special awareness ➤ To be able to follow instructions ➤ To develop jumping skills ➤ To encourage jumping 2 feet - 2 feet 	 	<p><u>Warm Up</u> Various run around games e.g. duck duck goose, ball he, N.S.E.W. Spots- Teach beep test- see which level on. Can children improve over the weeks</p> <p><u>Activities</u></p> <ul style="list-style-type: none"> • Adult to show- hold throw rope/hoop over head step through rope/hoop • Practice- adult to encourage and help • Step through rope/hoop around hall (moving) • <u>More able</u> -jump independently- how many times in one minute? etc. • Show • <u>Big Rope Skipping</u>-take turns to - jump over still rope wriggling rope on floor swinging rope (JUMP 2 feet - 2 feet from stationary) <p><u>Cool Down</u> Sit quietly on mat Discuss how children feel- hot/cold etc regulate breathing</p>	       	<p>Spots Beep test skipping ropes-different sizes hoops music centre</p>   

<ul style="list-style-type: none"> ➤ To extend skipping skills ➤ To understand the need for keeping fit ➤ To develop special awareness ➤ To understand how the body changes after exercise ➤ To develop jumping 2 feet - 2 feet 	 	<p><u>Warm Up.</u> Beep test- see which level on... can children improve over the weeks</p> <p><u>Activities</u></p> <ul style="list-style-type: none"> • Adult to show- hold- throw rope/hoop over head- step through rope/hoop • Practice- adult to encourage and help • Step through rope/hoop around hall (moving) • Try jumping through rope 2 feet - how many in a minute • Try jumping with the extra jump (like boxers do) • <u>More able</u> - try jumping backwards, with actions (cross over), • Show • <u>Big Rope Skipping</u>-as previous <p><u>Cool Down</u> Sit quietly on mat Discuss how children feel- hot/cold etc regulate breathing Check heartbeat before and after exercise - Why do we exercise?</p>	       	<p>Spots Beep test skipping ropes-different sizes hoops music centre</p>   
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