

Avoid the Defenders

Home Physical Education

Can you play fairly and keep the score?

How to play:

- Choose a start point and place another marker at the opposite end of the space.
- Layout objects; teddy bears, cones across the playing area. These are known as the defenders.
- Can you dribble using your feet, from the starting point, around the marker and back avoiding the defenders?
- If you dribble around the markers and back you score 1 point. If you hit a defender they score 1 point. The first to score 5 points are the winners.



Can you keep trying even if the defenders score more points than you?

Top Tips

Dribbling: Feet

Keep the ball close to you, use small touches.

Try to use the inside and outside of your foot to keep control.

Let's Reflect

Why did you need to keep the ball close to you?

What did you learn after each run through to help with the next dribble?

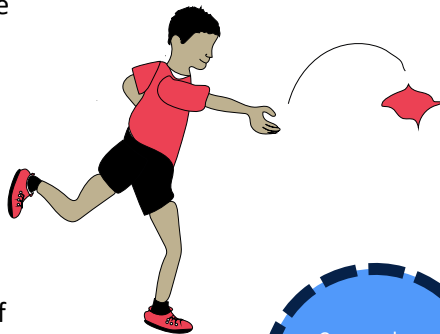
Battleships

Home Physical Education

Can you play fairly and keep the score?

How to play:

- With a partner, each player places three targets (battleships) in front of them.
- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is removed.
- Players are not allowed to stop the object from hitting a battleship.
- The winner is the first player to hit all of their partner's battleships



Can you keep trying even if you miss the target?

Top Tips

Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand

Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?

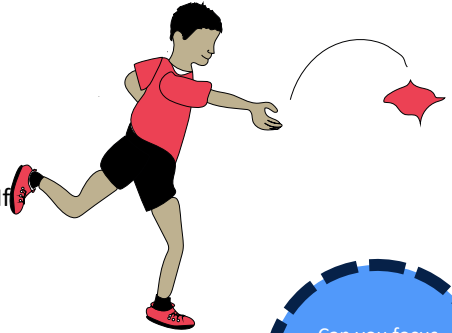
Battleships: Level 2

Home Physical Education

Can you play by the rules and respect your opponent?

How to play:

- With a partner, each player places three targets (battleships) in front of them. Place an additional battleship known as the 'ultimate battleship' in the middle.
- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is removed. If players hit the ultimate battleship they can add back one of their battleships that has been hit.
- The winner is the first player to hit all of their partner's battleships.



Can you focus on the target and concentrate?

Top Tips

Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand

Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?

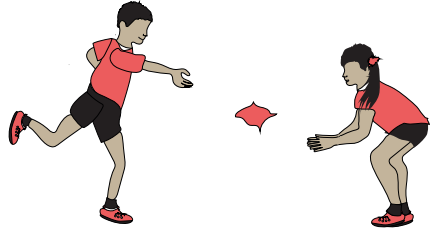
Blast Off

Home Physical Education

Can you encourage your partner even if they make a mistake?

How to play:

- Play with a partner; sibling, parent or carer. Stand 3 – 5 steps apart.
- Players make 10 catches and then swap sides, players make 9 catches then swap sides, players make 8 catches and swap sides continuing this process until they reach 0.
- Can each pair reach 0 without dropping the ball?
- If competing against another pair the first pair to reach 0 are the winners.



Can you concentrate on your throw and focus on where to aim?

Top Tips

Catching

Are your hands ready creating a target? Spread your fingers and watch the ball into your hands.

Let's Reflect

If you dropped the ball what did you change?

How did it feel when you dropped the ball and how did you respond?

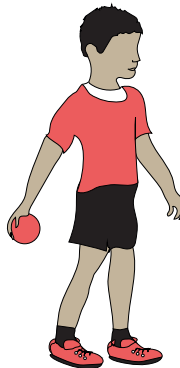
Bowling

Home Physical Education

Can you play fairly and keep the score?

How to play:

- Set up 10 targets at one end of the space; lay these out in a triangle shape.
- Using a ball, each player takes it in turns to roll the ball towards the targets.
- Count how many targets you knocked over then reset for the next turn.
- Each player has 5 turns.
- The winner is the player with the most points at the end.



Can you keep focused on the targets and roll accurately?

Top Tips

Rolling Underarm

Step forwards with one foot, releasing the ball along the using your opposite hand.

Let's Reflect

How did you feel when you knocked the targets down?

If you did not win what could you change for next time?

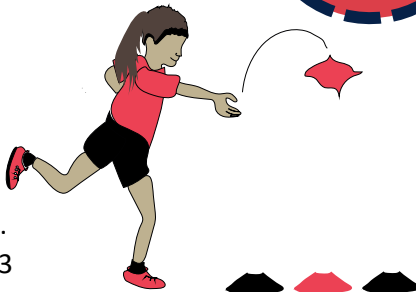
Climb the Ladder

Home Physical Education

Can you be honest and only try target 2 when you've hit target 1?

How to play:

- Place 3 targets on the floor in a line, 1m away from each other.
- Using a small object can you throw the object and hit the first target.
- When you have hit the first target, only then can you move onto the next target.
- How many throws does it take to hit all 3 targets?
- If you are playing against a partner, the first player to hit all 3 targets is the winner.



Can you keep trying even if you miss the target?

Top Tips

Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand.

Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?

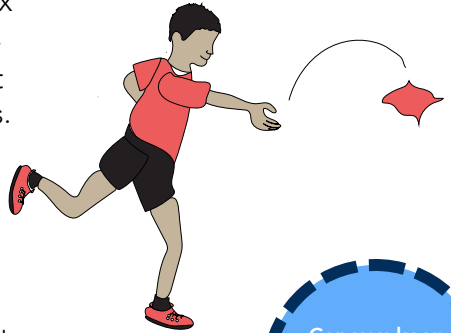
Continuous Battleships

Home Physical Education

Can you play fairly and keep the score?

How to play:

- With a partner, each player places six targets (battleships) in front of them.
- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is taken by the thrower and added to their battleships.
- Players are not allowed to stop the object from hitting a battleship.
- The winner is the first player to hit all of their partner's battleships.



Can you keep trying even if you miss the target?

Top Tips

Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand.

Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?

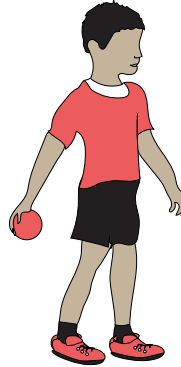
Golf: Rolling

Home Physical Education

Can you be honest and keep the score?

How to play:

- Place 5 targets in different places on the floor (garden or in a room).
- Decide on a starting point and it mark out.
- The aim of the game is for pupils to roll a ball, making it rest against one of the targets in the least amount of rolls possible.
- The winner is the player who rests their ball against a target with the fewest rolls. Repeat with all of the different target.



Can you keep trying hard even if you miss the target?

Top Tips

Roll Underarm

Step forwards with one foot, bending the knee releasing the ball along the ground using your opposite hand.

Let's Reflect

When did you need to increase the power of your rolls?

Did you use the correct rolling technique?

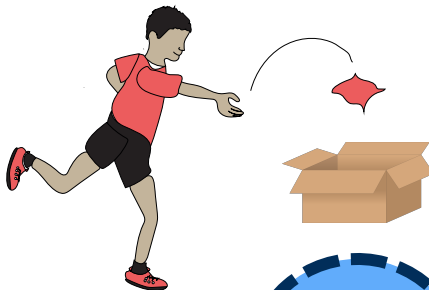
In the Box

Home Physical Education

Do you keep trying your best even if you miss?

How to play:

- Lay out 3 boxes in a row.
- Players must throw 3 steps back from the first box.
- If you throw an object into the nearest box you score 1 point, if you throw it in the middle box you score 2 points, if you throw it into the end box you score 3 points.
- Each player has 3 throws. The player with the most points at the end of the game is the winner.



Can you challenge yourself to use the right technique?

Top Tips

Throwing Underarm

Step forwards with one foot, releasing the object from low to high using your opposite hand.

Let's Reflect

How did you change your technique for the different distances?

How did you stay motivated to keep trying?

Right Way Wrong Way

Home Physical Education

Can you play fairly and encourage each other?

How to play:

- Layout objects; teddy bears, cones or toys across the space making sure they are all upside down.
- On 'go' how long does it take to turn all the objects the right way up?
- What could you do to get quicker and beat your time?
- Play against an opponent. Who can turn all the objects around the quickest?



Can you keep trying even if someone else is quicker than you?

Top Tips

On your toes!

Moving on the balls of your feet, and bending your knees will help you move quicker to each object!

Let's Reflect

Were you able to move on the balls of your feet to be quick?

Did you have a plan for which order you would turn the objects over?

Right Way Wrong Way: The Race

Home Physical Education

Can you play fairly and encourage each other?

How to play:

- Layout objects; teddy bears, cones or toys across the space. Make sure half are facing the right way up and half are facing upside down.
- Player 1 is going to try and turn all the objects up the right way and player 2 is going to try and turn all the objects upside down.
- Play for 60 seconds. At the end of the game the player who has the most objects facing 'their' way is the winner.



Can you keep trying even if you find it challenging?

Top Tips

On your toes!

Moving on the balls of your feet, and bending your knees will help you move quicker to each object!

Let's Reflect

Were you able to move on the balls of your feet to be quick?

If you did not win, what could you do differently next time?

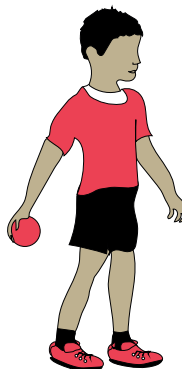
Rolling Penalties

Home Physical Education

Can you keep the score and be honest?

How to play:

- With a partner, set up a goal using two markers.
- Player 1 starts 5 steps away from the goal. Player 2 starts in goal.
- Player 1 rolls the ball towards goal trying to roll the ball past player 2.
- Can player 2 prevent the ball going past them? Can player 1 score?
- Players score a point each time they score a goal. The first to score 5 points is the winner.



Can you concentrate on where to aim?

Top Tips

Rolling & Saving

Saving: Look up, concentrate on the ball, be on your toes.

Rolling: Use an underarm technique and concentrate on where to aim.

Let's Reflect

How did you feel when your roll was stopped?

Were you able to concentrate on the target to score a point?

Spaces Monsters

Home Physical Education

Can you play fairly and keep the score?

How to play:

- Choose a start point and place another marker at the opposite end of the space.
- Layout objects; teddy bears, cones across the playing area. These are known as the space monsters (defenders).
- Can you dribble using your hands, from the starting point, around the marker and back avoiding the space monsters?
- If you dribble around the marker and back you score 1 point. If you hit a space monster they score 1 point. The first to score 5 points is the winner.



Can you keep trying even if the space monsters score more points than you?

Top Tips

Dribbling: Hands

Keep the ball close to you, use the tips of your fingers.

Try not to let the bounce come above your waist and look where you are going!

Let's Reflect

What were the consequences of losing control of the ball?

Why did you need to keep the ball close to you?

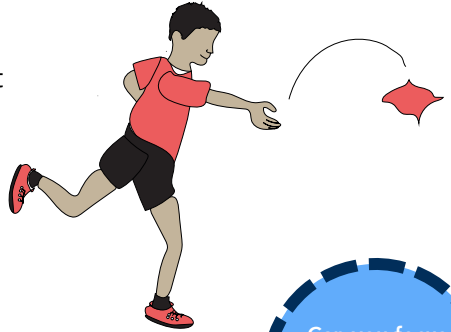
Target Treasure

Home Physical Education

Can you encourage your opponent?

How to play:

- Place a selection of targets 5 large steps away from your starting line.
- Players take turns to throw an object towards the targets from behind the starting line.
- Each time a target is hit, it is taken by the thrower and becomes their treasure.
- The winner is the player to have the most pieces of treasure after all the treasure is gone.



Can you focus on the target to help you be accurate?

Top Tips

Throwing Underarm

Step forwards with one foot, releasing the object from low to high using your opposite hand.

Let's Reflect

What was the difference between your throws that were accurate and your throws that missed?

Did you use the correct throwing technique?

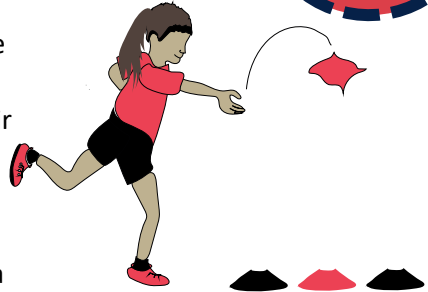
Three in a Row

Home Physical Education

Can you help other players if they are finding it hard?

How to play:

- Each player has 3 targets that they place on the floor.
- Each player takes 3 steps back from their targets when throwing.
- Players take turns to throw an object towards their targets.
- If a player hits a target it is removed. If a player misses they place a target which has been removed back in.
- The first player to hit all of their targets is the winner.



Can you challenge yourself to use the right technique?

Top Tips

Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand.

Let's Reflect

Did you congratulate the winner of the game?

How did you feel when your throws were successful?

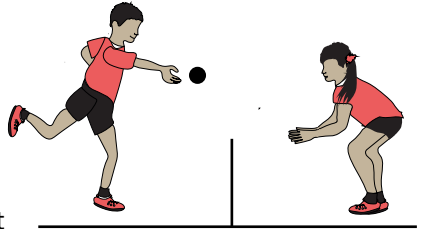
Throw Tennis

Home Physical Education

Can you play fairly and keep the score?

How to play:

- Mark out a tennis court. Use a rope as a net or socks as the court markings.
- Playing against an opponent can you underarm throw a ball into a space on your opponents side of the court.
- If the ball bounces twice you score a point, but if you throw it out of the court your opponent wins a point.
- Make sure that you start the game by serving from the back of the court.
- The first player to score 10 points is the winner.



Can you identify spaces on your opponents side of the court?

Top Tips

Be Ready to Receive!

Are you on the balls of your feet ready to receive the ball? Make sure you have your hands ready to catch!

Let's Reflect

Where are we aiming the ball at on your opponent's side of the court?

Can you explain why you were throwing the ball there?

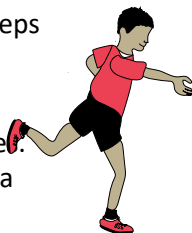
Top Ten

Home Physical Education

Can you encourage your partner even if they make a mistake?

How to play:

- With a partner, start by standing 3 steps apart.
- Throw a ball to each other.
- Challenge yourself to make 10 catches. Each time you make 10 catches take a step back.
- How many times can you throw the ball without dropping it?
- How far back do you get?



Can you concentrate on your throw and focus on where to aim?

Top Tips

Catching

Are your hands ready creating a target? Spread your fingers and watch the ball into your hands.

Let's Reflect

How did you change your throwing technique as the distance increased?

How did it feel when you dropped the ball and how did you respond?