

Bats and Balls

End of Unit Goals - Children can throw, catch and bat a ball with increasing control.

Date	Objective	Outcome	Session	Resources	Key Vocabulary
1	Assessment - Cold Task		<p>Warm up- Jump start johnny stamina clips- repeat the same clips so we can monitor our stamina. Provide children with a range of balls. Can they throw them in the air and catch them. Allow children to explore. Can they throw with one hand to the other hand. Can they catch with their least strong hand.</p> <p>Teach- Talk about the importance of safety and set out clear rules. Model how to hold the tennis racquet. Practise holding it, which way feels best to the child? practise a safe swing without balls.</p> <p>Assessment - Allow the children time to explore and use the new equipment safely. Give them light balls, can they bat the ball up and down in the air. Can they walk around balancing the ball on the racquet? Let them try in pairs. Can they hit it back wards and forwards. Can they hit the ball off a wall and return it with the racquet? Can they keep it going? Record using Swivl to play back to the children.</p> <p>Plenary - Show children the Swivl recording and discuss what skills children think they demonstrated. What skills do we need to work on this half term?</p>	<ul style="list-style-type: none"> • Swivl 	<ul style="list-style-type: none"> • Stamina • Tennis • Safety • Tennis ball • Control • Balance • Dominant hand
2	Demonstrate basic sending skills in isolation and small games Practise bowling/feed ing a ball to other players	Children will be able to use a racquet to bat a ball to another child with some accuracy.	<p>Warm Up- Jump start johnny stamina clips- repeat the same clips so we can monitor our stamina. Play Bean Bag Bingo, each team has the same amount of bean bags scattered in spaces. Aim, to collect throw, catch and get bags into Bingo hoop, the first team with all bean bags in their hoop wins and shouts Bingo! Focus on how to send and receive bean bags as a team the fastest</p> <p>Recap- Talk about the importance of safety. Recap the rules of the equipment. Look at the tennis bats. How do we hold it? Practise holding it, which way feels best to the child? practise a safe swing without balls.</p> <p>Teach - Tell the children we are going to look at how to serve a ball to another person</p>	<ul style="list-style-type: none"> • Tennis balls • Tennis racquets • Bean bags • Hoops 	<ul style="list-style-type: none"> • Stamina • Tennis • Safety • Tennis ball • Control • Balance • Dominant hand • Feed • Return • Under arm throw

	Return a ball coming towards them a racquet		<p>and return the ball using the tennis racket. What was hard about this last week? What do we need to improve? In pairs continue bat handling skills, children to feed the ball to each other by hand and return it using the tennis racket.</p> <p>Apply- Pair challenge - pair can hit the most balls to each other. Child to start by feeding with hand, can they then use a tennis racquet to bat the ball between each other?</p> <p>If struggling- Split the call in half to do this with half of the children at one time. Children watching, what can they do to improve/well. Offer feedback.</p> <p>Cool Down- simple stretches for our muscles (cool down caterpilla- all in a line and follow the actions of the teacher. Share things we need to improve. Tell the children this will inform your planning so we can develop the skills together.</p>		
3	<p>Make choices about where to hit the ball</p> <p>Practise bowling/feed ing a ball to other players</p> <p>Return a ball coming towards them using hand or racquet</p>	Children will be able to throw a ball to another child with increasing accuracy.	<p>Warm Up- Jump start johnny stamina clips- repeat the same clips so we can monitor our stamina. Play bean bag bingo again. Children to throw under arm to help th children think about how to serve. To change this week- add in two magpies, the magpies have to stop the children winning by removing them from the hoops. Children to think about what they can do to stop this from happening (aim for hoops away from the magpie, someone to watch the magpie and ensure they put bean bags back)</p> <p>Recap- How to do we return a erved ball. Recap what is meant by you dominat hand. Look at how we hold the bat and the different angels in which we can hold the bat. Recap that to push the ball forward that bat his to be angled correctly to do so.</p> <p>Teach - Think about the distance the children are hitting the ball and the strength it takes. Children to be placed in pairs. One child to be the batter, one to serve. Behind the child serving the ball, teacher to put out a line of cones, aim is for children to hit the ball over the cones. Teach the children to think about how hard they are hitting the ball and why. Teacher to support children in doing this where needed. Use lighter balls if children are struggling.</p> <p>Apply- in pairs, can children bat the ball between each other? How many can each pair do without dropping the ball. Think about what we have just looked at in the previous session about how hard to hit the ball based upon yyour target.</p> <p>Cool Down- cool down Jump Start Johnny vidoes. Talk to the children about the</p>	<ul style="list-style-type: none"> • Tennis balls • Tennis racquets • Bean bags • Hoops 	<ul style="list-style-type: none"> • Stamina • Tennis • Safety • Tennis ball • Control • Balance • Dominant hand • Feed • Return • Under arm throw batter • Serve

			importance of stretching and why our muscles need us to do this.		
4	Track the path of ball over a line/net and move towards it	Children will be able to throw and bat a ball with increasing accuracy.	<p>Warm up- Jump start johnny stamina clips- repeat the same clips so we can monitor our stamina.</p> <p>Recap- Recap passing a ball back with a bat that has been served to them. What do they need to do to do this? How can they be successful. Talk about how to practise this in pairs, where should they be holding the racket, where should their eyes/feet be?</p> <p>Teach- In pairs, children to take it in turns to serve the ball. Can the children hit it over a line of cones/bench? Teacher to model. What do they need to think about in order to do this. Swap. Look at moving towards the ball that in order to return. Think back to dodge ball and having to track a ball in order to get to it.</p> <p>Apply- Talk about the skills they needed in previous part of the lesson. Use this to bat the ball between each other. teacher and child to model throwing the ball to serve and batting between each other. Look for children moving towards a ball. Less confident over a line of cones More confident over a bench. This will encourage them to hit the ball back higher ready for a net.</p> <p>Cool Down- Simple stretches for our muscles (cool down caterpillar- all in a line and follow the actions of the teacher. Share things we need to improve. Tell the children this will inform your planning so we can develop the skills together.</p>	<ul style="list-style-type: none"> • Tennis balls • Tennis racquets • Bean bags • Hoops 	<ul style="list-style-type: none"> • Stamina • Tennis • Safety • Tennis ball • Control • Balance • Dominant hand • Feed • Return • Under arm throw batter • Serve
5	Play in a modified game send and returning the ball over a line/net Return a ball coming	Children will be able to throw and bat a ball with increasing accuracy when playing a competitive	<p>Warm up- Jump start johnny stamina clips- repeat the same clips so we can monitor our stamina. split class into two teams. Scatter cones around the hall. Some upside down some the correct way up. One team is to get as many cones to right way up as possible, the other team to turn them upside down.</p> <p>Recap- Split the class if needed, children to practise batting a ball over the net. Can they track the ball coming over the net and return it to them? Can they keep the ball up in their pair? Children who have struggled in a previous session, return a served ball (by an adult)</p>	<ul style="list-style-type: none"> • Tennis balls • Tennis racquets • Bean bags • Hoops 	<ul style="list-style-type: none"> • Stamina • Tennis • Safety • Tennis ball • Control • Balance • Dominant hand, • Feed • Return

	towards them using hands or racquet	game.	<p>over the net. how hard do they need to hit it? How do they hold their tennis racket?</p> <p>Teach - Think back to the previous session,</p> <p>In pairs- children to practice batting the ball over the net, can they get it the right height to get the ball over the net.</p> <p>Apply- Split the class in half and the hall in half, children to play in doubles, can they keep the ball going between them. Children not playing to watch them. Can they pick a man of the match? Children to look at if they are moving, watching the ball, using a dominant hand etc. think about the skills we have been looking at this term.</p> <p>Cool down- Run around, every time you hear a whistle blow slow down. Repeat until stopped, stretch and practise breathing.</p>		<ul style="list-style-type: none"> • Under arm throw • Batter • Serve
6	Assessment - Hot Task	<p>End of Unit Goals - Children can throw, catch and bat a ball with increasing control.</p>	<p>Warm Up - Mirroring - Each child finds a partner. Choose one partner to start doing various motions/exercises They can kick, move their arms, spin around, or do any other motions. The child's partner will try to mirror their motions. Swap after a couple of minutes.</p> <p>Assessment - Assessment - Allow the children time to explore and use the new equipment safely. Give them light balls, can they bat the ball up and down in the air. Can they walk around balancing the ball on the racquet? Let them try in pairs. Can they hit it back wards and forwards. Can they hit the ball off a wall and return it with the racquet? Can they keep it going? Record using Swivl to play back to the children.</p> <p>Plenary - Children to watch the Swivl recording back. What skills have they demonstrated? Together as a class make a mind map of skills that have been learnt this half term.</p>	<ul style="list-style-type: none"> • Swivl • Ipad 	<ul style="list-style-type: none"> • Stamina • Tennis • Safety • Tennis ball • Control • Balance • Dominant hand • Feed • Return • Under arm throw • Batter • Serve