

Resources:

Beanbags/quouts, cones/spots

Objectives:

WALT – We are learning to develop throwing skills to hit a target when working with beanbags.

WILF – What I’m looking for is for you to throw the beanbag accurately using your opposite arm to leg.

TIB – This is because using your opposite arm to your leg enables you to balance yourself when you are throwing

Year 1

Lesson 1

Activities	Coaching Points
<p>Warm Up: Active/Balance – Travelling in general space Beanbag Balance (beanbags, cones/spots) In restricted area with an equal number of different coloured cones (enough for 1 to 3 pupils) Pupils begin by travelling around the space without bumping into anyone and avoiding the cones Use a general stop command for pupils to freeze and a colour is called, pupils move to touch that coloured cone. Gradually increase speed through warm up with pupils finishing with a steady run. Variation:</p> <ul style="list-style-type: none"> • Change direction, level, pathways, method of travel • Body part touching the cone (throwing feet) • Hold coloured cone up 	<p>Time Different speed Stop/Go Quickly/Slowly Space Introduction to General space Personal space Spatial relationships</p>
<p>Activity 1: Throwing into a target area Throwing into the hoop (cones, beanbags, hoops) In pairs with pupils 6m apart with a hoop in the centre. Pupils take turns trying the throw the beanbag into the hoop. Can you complete ten accurate throws together? Variations</p> <ul style="list-style-type: none"> • Easier –closer to the hoop • Harder – further away from the hoop • Competitive – start with one step away and move back one step each time successful 	<p>Throwing feet Opposite arm to leg when releasing object Use both dominant and non-dominant side to throw.</p>
<p>Q. How should you be standing when you are aiming at the hoops? Q. Why do you need your opposite leg forwards and what does this help?</p>	
<p>Activity 2: Throwing at a smaller target area Throwing at 6 cones (beanbags, cones/spots) Using the same setup as the activity above replace the hoop with 6 upside down cones. Pupils try to throw beanbags to either land in the cones or knock them over. If a pupil hits the cone then they are allowed to keep the cone</p>	<p>Throwing arm Forearm facing the target Open hand with thumb securing beanbag Swing and follow through in direction of target</p>
<p>Q. When you are aiming at the cones, what should you make sure you do with your arm/hand when you let go of the beanbag?</p>	

<p>Game: Throwing at a small target area Cone Raider (cones/spots, beanbags) Pupils stand 6m apart behind a line of 3 upside down cones. Pupils attempt to throw a beanbag in turns at their partners line of cones. If they succeed in landing a cone in their partner cone or knocking it over then they add that cone to their collection. The winner is the first to collect all 6 cones or the player with the most amount of cones at the end. Extension Increase/decrease the distance/separation between the cones.</p>		
<p>Cool down: Picking up and returning Empty the bucket (hoop, beanbags) Teacher in the middle with a large collection of beanbags, upon command teacher beginning to throw beanbags (below shoulder height) out to the hoop and into the surrounding space. Pupils collect the beanbag using 'picking up feet' and return the beanbags to the hoop before the teacher is able to empty the hoop.</p>	<p>Picking up feet Opposite hand to foot</p>	
<p>Success Criteria (I can...)</p> <ol style="list-style-type: none"> 1. Throw a beanbag using my opposite hand to foot. 2. Aim a beanbag accurately at a hoop. 3. Throw accurately at a smaller target. 	<p>Main Coaching Points</p> <ul style="list-style-type: none"> Opposite arm to leg when releasing object Use both dominant and non-dominant side to throw. Forearm facing the target Open hand with thumb securing beanbag Swing and follow through in direction of target 	
<p>Evaluation</p>	<p>Points for next lesson</p>	