

Week 14 WC 22.06.20 PE – Throwing & Catching 3
Solar System Theme

Equipment:

- Cones – small
- Balls – 1 per child
- Hula hoops x 1 per child

Warm-up (Solar System Game 10 mins):

Students to move around the working area performing different travelling movements on teachers / parent command e.g. tip toes, walk, jog, sidestep, hop, jump, hop scotch, skip, high knees, heel flicks etc.

Teacher / parent to gradually include the following commands and students have to copy:
'Rocket' – Students make rocket arms and run around the space as though they are a rocket flying through space/
'Meteorite' – Students crouch down into a tuck position.

'Star' – Students perform a star jump

'Earth' – Students hold their arms out in front of them making a circle and spin slowly on the spot.

'Alien' – Students hold their arms out in front of them making a circle and spin slowly on the spot.

'Alien' – Students can make a silly face or move in a silly way as though they are an alien from another planet.

'Spaceman' – Students perform a leap as though they are leaping / walking on the moon.

Activity 1: Skill Development Throwing & Catching Focus (20 mins):

- 1 ball and 1 hula hoop per student. If you don't have a hoop you can either chalk a circle or square on the floor / mark out with a skipping rope / lay a towel down etc. Students to all stand in their own hoop with their ball. Bounce the ball outside the hoop (planet) and catch it again – can you use two hands / one hand / alternating hand.
- Stay in the hoop and bounce the ball around the outside of the hoop – like a ring around a planet.
- Move carefully around the hoops (planets) and when you come to an empty one stand outside the hoop and bounce the ball inside it. Catch it and move to find another hoop (planet) to repeat the activity.
- Move carefully between the hoops when you find an empty one stand in and throw the ball into the air and catch it before you move on and find another empty planet. How many planets can you visit?
- In pairs – with 1 ball. Face your partner and stand 2 big steps apart. Throw and catch with your partner. TP's – Opposite foot forward to throwing hand, underarm throw, swing through and point at partner. Every 5 successful throw / catch move a tiny step backwards.
- Continue with your partner – throw the ball to your partner underarm who catches it, run around your partner and back to your spot. Your partner then repeats this

activity. How many can you do without dropping the ball? If students are struggling to catch the ball they can roll the ball to their partner instead.

Activity 2: Throwing & Catching Games (20 mins):

1. Fill the gap.

Use any playground markings or a hoop between two students. Stand opposite each other. One aims to bounce the ball in the hoop / area and the other attempts to catch it before or after one bounce. They get a point as a team if the ball goes in the hoop and their partner catches it.

2. Meteorite.

Place the students back into their land / sea teams.

Have the two teams face each other about 4m apart.

In between the two teams place a large ball balanced on a cone (you could have more if you have them).

Explain to the teams that the ball(s) in the middle are the planet earth. Sometimes bits of rock (meteors) can collide with planets. Each team takes it in turn to throw their tennis ball / bean bag and see if they can dislodge the planet earth from its cone -if they can they get a point. The ball cannot bounce first it must be a clean hit.

Encourage opposite throwing foot, underarm throw.

Activity 3: Solar System Treasure Hunt (10 mins):

Attached is a set of solar system cards – you simply need to print them off and hide them around your working area / garden / house. Can your student / child find the sun and the other 8 planets from our solar system? Can they then place them in order.

Within school – you could split the class into teams and each team has to find a complete solar system (you would just need to print off more than 1 set so each team has a full set of cards). You could hide the cards under cones or around your work space. Can they place them in order once they have all been found?