



Physical Education Lesson Plan

School: Drysdale PS		Class/Teacher: Mr Sinnott
Week: 4	Focus: Game Sense and Target Games	
Term Theme: Fundamental Movement Skill Development		

iPhone and iPad Users: Use the [Moovosity App](#) for video demonstrations and bonus rewards

Android Users: View the video demonstrations in the [Moovosity Album here](#) – p/word ‘moovosity’

Warm Up <i>The unofficial start to the lesson is a warm up game to get the body moving and to develop and refine locomotor movement.</i>	Activity Name: Paper! Scissors! Rock! Run! Go!
	Moovosity App Category: ‘Skills Beach’
	Time: 5 minutes

Lesson Focus:	(45 Mins) Target Games	
Learning Intention:	To propel an object towards a target with control and accuracy	
Success Criteria:	<ol style="list-style-type: none"> 1. I CAN use all equipment safely and effectively 2. I CAN experiment with the best type of throw to maximise success 3. I CAN demonstrate control when propelling objects 	
Skill Area/Benefit:	Target Games	
Activity	Instructions/Variations	Time
Bucket Bounce (find it in the ‘Skills Beach’ category in app)	<u>Equipment:</u> Tennis balls, buckets (or bins) and markers <u>Instructions:</u> <ol style="list-style-type: none"> 1. From behind their throwing line, players must bounce their balls into the bucket. 2. The ball must remain in the bucket (not bounce out). 3. Each pair has 4 balls (begin with 2 per player). 4. This is a continuous game; players may collect their balls at anytime 5. Pairs work together by collecting and throwing any of the 4 balls for their team. 6. First pair to bucket all their balls is the winner. <u>Variations:</u> Change the type of throw, have multiple buckets at different distances	15
Knock Em Down (find it in the ‘Sports City’ category in app)	<u>Equipment:</u> Tennis balls, markers and targets <u>Instructions:</u> <ol style="list-style-type: none"> 1. Each small team has multiple balls. 2. All students throw from behind the throwing line. 3. One student (per team) throws at a time. 4. Rotate throwers. 5. Students count how many balls it takes to knock down all targets. <u>Variations:</u> This game can be modified to become many numeracy activities e.g. nominate the total points score that the teams must get through addition of individual scores.	15
Putt for Gold (find it in the ‘Sports City’ category in app)	<u>Equipment:</u> Children's golf putter, golf balls or soft golf balls, markers and obstacles <u>Instructions:</u> <ol style="list-style-type: none"> 1. Students design a hole of putt-putt golf. 2. Students must use green markers to indicate the starting point and red markers to indicate the finishing point. 3. Students justify why their hole is appropriately challenging for players. 4. Students must think of at least one adjustment to make their hole easier or harder 5. Students set up and play their putt-putt holes. 6. Students count up the number of hits to complete each hole. 	10

Daily Activations <i>Perform any of these complementary activities for learning breaks or a positive start to the day</i>	Mindfulness Task <i>Print out the next page for a fun, physical education related mindfulness drawing.</i>
1. Naughts and Cross Relay (Fitness Peaks) 2. Noodle Poppers (Skills Beach) 3. Hands Tennis (Skills Beach)	

THROW

