



| Physical Education Lesson Plan | | |
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| School: Drysdale PS | | Class/Teacher: Mr Sinnott |
| Week: 5 | 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’

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| 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: Bottle Flip Challenge |
| | Moovosity App Category: ‘Fitness Peaks’ |
| | Time: 5 minutes |

| Lesson Focus: | (45 Mins) Target Games | |
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| Learning Intention: | To propel an object towards a target with control and accuracy | |
| Success Criteria: | 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 |
| Underarm Golf (find it in the ‘Skills Beach’ category in app) | <u>Equipment:</u> Buckets, baskets, boxes or hula hoops. Scrap paper or cardboard. Small beanbag or rock. <u>Instructions:</u> 1. Create a series of “golf holes” by placing buckets, baskets, boxes or hula hoops in the playing space. 2. Place scraps of cardboard or paper on the floor to mark “golf tees” where you will throw from. 3. With your child, take turns standing on each golf tee and tossing a beanbag or ball underhand into the “hole”. 4. If a shot is missed, the next throw is to be taken from where the rock or beanbag landed. 5. Continue throwing at each hole until one of you successfully lands your beanbag or rock in the “hole”. The winner of each game is the person to land their beanbag or rock in the “hole”. | 15 |
| Stack it and Whack It! (find it in the ‘Sports City’ category in app) | <u>Equipment:</u> 6 cups or similar items to stack, a bat and a ball. <u>Instructions:</u> 1. Pairs. 2. Create a stack of 6 cups or similar as the target stack. 3. One partner is the pitcher and they can project the ball with a roll, on the bounce or on the full to the batter. 4. The batter tries to strike the ball and knock down the stack. 5. If the batter can knock down the stack then they receive a point. 6. Both batter and pitcher need to rebuild the stack. 7. Each pitcher will pitch 6 times then swap roles | 15 |
| What’s Your Target? (find it in the ‘Skills Beach’ category in app) | <u>Equipment:</u> Different sized balls <u>Instructions:</u> 1. Groups of 1-4. 2. Locate 3 different targets from around the home, 1 x small, 1 x medium and 1 x large. 3. The objective of the game is to propel an object towards the target and know it down or hit it. 4. You complete the levels as shown: Level 1- Large target; Level 2- Medium target; Level 3- Small target 5. Create your own scoring system and play many rounds. <u>Variations:</u> Try propelling different balls Eg Footy handpass, cricket ball strike etc. | 10 |

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| 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. Bob the Bulldozer! (Skills Beach) 2. Pairs Confusion (Fitness Peaks) 3. Quick as Lightning (Skills Beach) | |

TWO-HAND STRIKE

