

# LESSON PLAN: ATTACK VS DEFENCE GAMES: YEAR 2: WEEK 1

**LESSON OBJECTIVES:** To practise sending and catching different items. To practise sending and receiving a beanbag with a partner while attached to each other.

## WARM UP (10/15 MINS) You and your pet:

- Skipping and side stepping in different directions while avoiding others.
- Can you balance the beanbag on your head while moving?
- Can you balance the beanbag on your different parts of your body?
- Can you crawl or move like a crab while balancing the beanbag?
- Throwing and catching beanbags stationary and on the move.
- Throw the beanbag and clap your hands before catching it.

## TASK ONE (15/20 MINS) Jugglers:

- One item each (a ball, beanbag or quoit), move it around your waist and legs with both hands while standing.
- Juggling/catching the beanbag both stationary and on the move - tummy level, eye level, above head.
- Challenge - can you catch it 5 times in a row?
- Can you catch on the move?
- Can you clap your hands before you catch?
- When the teacher calls 'change' they must swap their item with someone else who has something different to them.

**Develop.** Get a partner and play copy me. Take turns to show your partner a throw & catch technique/trick and each time you mirror your partner you get a point.

## TASK TWO (15/20 MINS) Chain throwing:

- Each pupil stands opposite their partner. Each holds the other's left hand with their own left hand to form a barrier between them. (Left-handed pupils will need to make a barrier with their right hand, leaving their left hand free).
- Using their free hand, one pupil throws an item up in the air over the barrier and their partner attempts to catch it.
- They can release hands and catch with both hands, or move their feet to catch the beanbag if necessary. They carry on, taking turns to throw and catch.

**Develop:** Can they throw and catch on the move. Can they throw two items at once?

## EVALUATION (5/10 MINS)

- Discuss with a partner what you liked and what activities you found the most challenging and why.

## EQUIPMENT

- Beanbags
- Softballs
- Tennis balls
- Quoits

## KEYWORDS/PHRASES

- Head up
- Control
- Eyes focused on ball
- Ready position
- Fingers spread to catch
- Work together

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

### LESS ABLE

Use tennis balls

Use bigger, softer balls

Use weaker hand

Work with beanbags for longer

Throw from further away

Try and catch your item 3 times in a row to begin with

**INCLUSION** Use large softballs, balloons or scarves.

For access to all lesson plans please contact  
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Lesson activities can also be found on our  
**YouTube channel**

YouTube

