Total Sports Long Term Plan

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Multi Skills	Multi Skills with links to games	Gymnastics	HRE (Health Related Exercise)	Athletics (Running and throwing)	Striking and Fielding - Tennis Skills
	In Summer term we look at games with schools and how we develop what we do. Bean bag rounders being Summer 1 and developing our striking and fielding skills further in Summer 2.					Striking and Fielding - Cricket Skills
	Multi Skills	Multi Skills with links to games	Dance	Ball Skills	Striking and Fielding – Cricket and Rounders (Bean Bag Rounders)	Striking and Fielding - Rounders Skills
Ks1	Football	Basketball	Gymnastics	HRE (Health Related Exercise)	Athletics (Running and throwing)	Striking and Fielding - Tennis Skills
	In Summer term we look at games with schools and how we develop what we do. Bean bag rounders being Summer 1 and developing our striking and fielding skills further in Summer 2.					Striking and Fielding - Cricket Skills
	Tag Rugby	Uni Hoc	Dance	Netball (End ball)	Striking and Fielding – Cricket and Rounders (Bean Bag Rounders)	Striking and Fielding - Rounders Skills
KS2	Football	Basketball	Gymnastics	HRE (Health Related Exercise)	Athletics (Running and throwing)	Striking and Fielding - Tennis Skills
	In Summer 1 and 2 we touch on all these areas within the term, Orienteering to be done with Athletics in Summer 1. In Summer 2, Cricket and Rounders will go together mainly due to games with other schools and their similarities.				Orienteering	Striking and Fielding - Cricket Skills
	Tag Rugby	Uni Hoc	Dance	Netball	Striking and Fielding -Cricket Skills	Striking and Fielding - Rounders Skills

Early Years – Multi Skills

Autumn 1

Feel free to adjust these plans further based on the abilities and interests of the children you are working with. The key is to keep the activities fun, engaging, and age-appropriate to ensure a positive learning experience.

1. **Multi skills/Settling in games.**

Session objective: Finding space during games and listening to instructions.

- Moving round the hall during warm up activity without crashing into anybody else. Stop and move on command.
- Mountains and valleys cone game working in two teams finding the right cone to flip over in a set time.
- Colours corner game. Moving around the hall quietly into a space and picking a coloured cone on command.
- Duck Duck Goose or other circle game. Group sat in one circle. Players chase each other on command.

2. **Multi skills/Settling in games.**

Session objective: Finding space during games and listening to instructions.

- Repeat last week's lesson step by step.
- Make slight adjustments depending how the lesson went last week.

3. **Multi skills**

Session objective: Learn how to balance, throw, and catch a small object showing correct technique.

- Hold a small bean bag and travel round hall without dropping it.
- Balance bean bag on different parts of the body while moving around the hall. Head, shoulder, knee, foot etc.
- Hold beanbag in correct position ready to throw to self. Throw with underarm throw just above head.
- Throw beanbag into air and catch own beanbag showing correct catching technique (beanbag to chest after being caught)
- If children are good and need a challenge, they can try and catch with one hand or throw the bean bag higher to increase difficulty.

4. Multi skills

Session objective: Continue practising skills learnt the previous week.

- Repeat last week's lesson but with more practising of skills.

5. Multi skills

Session objective: Control and dribbling of a small football.

- Using correct technique move the ball round the hall using children's feet. (Inside and outside of feet.)
- Stopping and control of the ball on command.
- Stop ball on command at certain colour of cone.
- Honey pot game. 4/6 teams run into middle to collect balls and take it back to their team. 1 player from each team at a time collect a ball. Team that gets the most balls will be the winners. The game will use skills learnt in the lesson.

6. Multi skills

Session Objective: Continue practising skills learnt the previous week.

- Repeat last week's lesson but with more practising of skills.

Early Years – Multi Skills with Ball Games

Autumn 2

Feel free to adjust these plans further based on the abilities and interests of the children you are working with. The key is to keep the activities fun, engaging, and age-appropriate to ensure a positive learning experience.

1. **Ball Game Skills**

Session objective: Ball familiarisation and how to bounce a ball.

- Children have one ball each and are asked to bounce the ball however they like around the hall, but it must be at waist height. (2 hands, 1 hand, drop and bounce)
- Ball familiarisation- roll ball between legs in an eight shape. (Figure of eight) roll ball around belly to the back and round to the belly again. (body 360)
- Stop game with children stopping ball on command. Bring ball to chest after ball has been stopped. (Ready position ready to pass or shoot)
- Show correct technique for bouncing ball with two hands. Make W on top of ball and bounce it down to floor. (Waist height)
- Ball bounces once before being caught again with two hands waist height.
- Practise doing 10 bounces on the spot without stopping.

2. **Ball Game Skills**

Session objective: Continue practising skills learnt the previous week.

- Repeat last week's lesson but with more practising of skills learnt.

3. **Ball Game Skills**

Session objective: How to dribble the ball around the hall.

- Show correct technique for dribbling the ball with one hand. (Push ball to floor using fingertips and half the hand. (Don't wake the ant up sleeping)
  One bounce, waist height before bouncing again.
  Use two hands if children find it difficult.
- Stop game with children stopping ball on command. Bring ball to chest after ball has been stopped. (Ready position ready to pass or shoot)
- Honey pot game. 4/6 teams run into middle to collect balls and dribble it back to their team. 1 player from each team at a time collect a ball. Team that gets the most balls will be the winners. The game will use dribbling skill learnt in the lesson.

4. Ball Game Skills

Session objective: Continue practising skills learnt the previous week.

- Repeat last week's lesson but with more practising of skills learnt.

5. Ball Game Skills

Session objective: Passing a ball to a teammate.

- Learn correct technique for bounce pass (ball starts at chest, both hands on side of ball, push ball down towards floor, aim just before partners legs)
  Ball bounces once before partner collects.
- Practise skill in groups of 2. Give children plenty of goes holding and passing the ball.
- Have a few competitions with each group. (First to 10 passes, first to 20 passes.
- Move groups into fours instead of twos. Get children to pass in a square to each other.
- Introduce the chest pass. Same technique as bounce pass but ball is aimed towards partners chest without a bounce. (Push the ball from chest to partners chest.
- Repeat competitions from before.

6. Ball Game Skills

Session objective: Continue practising skills learnt the previous week.

- Repeat last week's lesson but with more practising of skills learn.

Early Years – Gymnastics

Spring 1

Feel free to adjust these plans further based on the abilities and interests of the children you are working with. The key is to keep the activities fun, engaging, and age-appropriate to ensure a positive learning experience.

1. **Static Shapes.**

Session Objective: Understand what positions my body needs to be in to perform a variety of shapes.

- Perform a shoulder stand, front support, back support, tuck, pike, star & rocket.
- Perform shapes with a partner or trios. Choose 5 shapes to create a sequence.
- Circuits – Lifting plank, partner supported shapes, counterbalances, partner bench switch, walk feet up wall.

Lifting plank – Take turns to lift one student's feet off the ground whilst they lay on their back. Arms by side, use core strength and assisted by others in group.
Partner supported shapes – Can you lift your partner in the air and support them safely? Can they perform a shape we did in the warmup?
Counterbalance – Can you and your partner balance off each other at the same time?
Partner bench switch – Walk across the bench, once you and your partners meet in the middle, you need to be able to get past each other without falling.
Walk feet up wall – walk backwards to perform a 45-degree angle handstand.

2. **Rolls.**

Session Objective: Be able to perform several rolls safely.

- Recap of previous week, questions about what we looked at.
- Perform some shapes performed last week: Shoulder stand, front and back support.
- Rolls: Barrell roll, Pencil Roll, Teddy bear roll, forward rolls, backward rolls. Break it down, what should the role of the head, arms and legs be during the roll phase?
- Performance: Children need to perform static shapes and rolls to create a performance. Link to gymnastic events when you would perform these skills.

3. Jumping.

Session Objective: Can Children land and perform a jump safely on equipment?

- Warm up – Stones, bridges Tree. Children need to work together to reach the other side of the hall performing these certain actions. One child sets off, then the next all the way until you reach the other side of the hall.

Stones = make a small ball (Tuck) and children hop over you
Bridge = Lift your body off the floor, children need to crawl under you.
Tree = Make a rocket shape, children need to run around the tree

- Circuit, groups of 3 or 4, children perform jumps off the equipment. How to perform safely bending knees, absorbing the jump.
- Focus on our airtime and exit, can we perform a static shape in the air and what can we do before finishing?

***4.* Balances.**

Lesson Objective: Can you find unique ways to balance whilst using equipment?

- Warm up – Stones, bridges Tree. Children need to work together to reach the other side of the hall performing these certain actions. One child sets off, then the next all the way until you reach the other side of the hall.

Stones = make a small ball (Tuck) and children hop over you
Bridge = Lift your body off the floor, children need to crawl under you.
Tree = Make a rocket shape, children need to run around the tree

- *In groups, children will be given time to think of unique balances, these can be a solo balance or a* team balance. Children will need to create a routine which involves a jump, static shape & balance which will show learning from previous weeks.
- Challenge, give each group a dodgeball or tennis ball, children will need to perform their balances whilst holding the ball somewhere on their body.

5. Recap of weeks.

Lesson Objective: Can children implement all skills learnt from previous weeks whilst on the obstacles?

- In several different circuits, children will have the opportunity to express themselves on the equipment and demonstrate different movements.

KS1 / KS2 – Dance

Spring 1

Feel free to adjust these plans further based on the abilities and interests of the children you are working with. The key is to keep the activities fun, engaging, and age-appropriate to ensure a positive learning experience.

Week 1: Games and Chance Dance
Week 2: Games and Chance Dance
Week 3: Games and Dance Routines
Week 4: Games and Dance Routines
Week 5: Games and Dance Routines
Week 6: Group Work

Games and Chance dance

Session objective: Learn basic moves of dance and turn them into a small sequence.

- Teacher led warm up to music with children copying actions and dance moves.

- Child led activity like warm up but this time one child at a time leads and must perform two dance moves for 20 seconds each. One move with legs and one move with arms.

- Copying and teamwork game. Get class to move into a large circle shape spreading out nice and wide, pick one person to go outside the room and this person is the guesser. Teacher picks one person to be the performer and they have to do different dance moves and the rest of the class have to copy them. The guesser is invited back into the hall and must stand in the middle of the circle. When the music starts the child that was picked starts to do there moves and the guesser must guess who the leader is. They have 3 guesses, and the guesser puts there hand up when ready to guess. When the go is over changing the guesser and dance leader.

- Demonstrate and show basic dance moves to whole class together.
  1.Bounce to the beat. 2. Bend your arms and move them up and down.
  3.Nod your head. 4.Roll your shoulders 5. Roll your hips.6. Do the two step. 7. Step and clap 8. Step and Spin.

- Using the basic moves ask children to link 4 of the moves together in partners. Pick a song with a good beat for them to perform to. Don’t forget to mention rhythm and timing is very important but also teamwork.

- Give them 10/15 minutes to practise and ask them to perform their sequence at the end of the lesson to their peers.

Games and Chance dance

Session objective: Continue sequence learnt last week with added moves and timings.

- Repeat last week's lesson completely but ask the children to add more moves to their sequence and perform a finishing move at the end of the sequence.

Games and Dance routine

Session objective: Learn teacher lead dance moves and routine to a set song.

- Teacher led warm up to music with children copying actions and dance moves.

- Child led activity like warm up but this time one child at a time leads and must perform two dance moves for 20 seconds each. One move with legs and one move with arms.

- Copying and teamwork game. Get class to move into a large circle shape spreading out nice and wide, pick one person to go outside the room and this person is the guesser. Teacher picks one person to be the performer and they must do different dance moves and the rest of the class have to copy them. The guesser is invited back into the hall and must stand in the middle of the circle. When the music starts the child that was picked starts to do there moves and the guesser must guess who the leader is. They have 3 guesses, and the guesser puts there hand up when ready to guess. When the go is over changing the guesser and dance leader.

- Teacher leads and performs a set dance at the front of the hall. Divide each section of the dance up by 20 seconds so it is easy for the children to copy and perform.
- Children learn and perform dance in little chunks to aid memory and learning.
- After going through whole dance routine perform it all the way through.

Games and Dance routine

Session objective: Remember and continue on from last week's lesson starting group work at the end of lesson.

- Repeats last week's lesson but skip out the games after the warmup.
- Go through the dance learnt last week showing and reminding children of the moves and sequence.
- Put children into groups of 4. Each group has to perform dance learnt last week but has to change 4 of the moves into their own. Children to change one move each and show their group what they have changed.
- Give plenty of time for each group to practise their dance with the changed moves.

Games and Dance routine

Session objective: Remember and continue from last week's group work lesson.

- Put children straight into there groups and tell them to go over dance moves learnt and changed last week.
- Give plenty of time to remember and prompt if help needed.
- Ask each group now to change another 4 moves to the dance so 8 moves all together. 2 moves each.
- Time to practise and perform.

Group Work

Session objective: Perform dance as small groups in front of peers.

- Move into groups and practise dance learnt last week.
- Give plenty of time to practise with music.
- Perform each dance one at a time in front of peer.
- Ask peers for feedback. One positive thing and one thing to work on.

Early Years – Health Related Exercise (HRE)

Spring 2

Feel free to adjust these plans further based on the abilities and interests of the children you are working with. The key is to keep the activities fun, engaging, and age-appropriate to ensure a positive learning experience.

Week 1: Introduction to Health-Related Exercise
Lesson Objective: Introduce children to the concept of health-related exercise and the importance of being active.

- Warm-up: Dance to music for 5 minutes.
- Main Activity: Relay races focusing on running and coordination.
- Cool-down: Stretching exercises.

Week 2: Cardiovascular Fitness
Lesson Objective: Understand the importance of keeping the heart healthy.

- Warm-up: Jumping jacks and jogging in place.
- Main Activity: Obstacle course to get the heart rate up.
- Cool-down: Breathing exercises and stretching.

Week 3: Muscular Strength
Lesson Objective: Learn about the importance of having strong muscles.

- Warm-up: Animal movements like bear crawls and frog jumps.
- Main Activity: Bodyweight exercises like squats, modified push-ups, and planks.
- Cool-down: Yoga poses for flexibility.

Week 4: Flexibility
Lesson Objective: Understand the importance of being flexible for overall health.

- Warm-up: Stretching exercises.
- Main Activity: Yoga session focusing on different stretches.
- Cool-down: Relaxation exercises.

Week 5: Balance and Coordination
Lesson Objective: Improve balance and coordination skills.

- Warm-up: Balancing activities like walking on a line.
- Main Activity: Balancing games and coordination drills.
- Cool-down: Stretching and breathing exercises.

Week 6: Active Play
Lesson Objective: Encourage children to engage in active play for health and fitness.

- Warm-up: Free play with balls and other equipment.
- Main Activity: Tag games and group activities.
- Cool-down: Gentle stretching and relaxation.

Week 7: Review and Fun Day
Lesson Objective: Review key concepts and have a fun day celebrating the children's achievements.

- Warm-up: Children's choice warm-up activities.
- Main Activity: Mix of favourite activities from previous weeks.
- Cool-down: Reflect on the program and celebrate with healthy snacks.

Early Years – Netball (Endball)

Spring 2

Feel free to adjust these plans further based on the abilities and interests of the children you are working with. The key is to keep the activities fun, engaging, and age-appropriate to ensure a positive learning experience.

Week 1: Introduction to Endball
Objective: Introduce Endball and basic passing and catching skills.
- Activities: Learn to pass and catch the ball, play simple passing games.
- Game: Practice passing in pairs or small groups.
- Cool-down: Gentle stretching and breathing exercises.

Week 2: Skill Development
Objective: Improve passing, catching, and movement skills.
- Activities: Focus on passing accuracy, catching under pressure.
- Game: Play mini-games to practice new skills.
- Cool-down: Stretch and relax.

Week 3: Positional Play
Objective: Introduce basic positions and court awareness.
- Activities: Learn about different positions, practice movement on the court.
- Game: Play small-sided games to apply positional play.
- Cool-down: Stretch and cool down.

Week 4: Shooting Practice
Objective: Improve shooting technique and accuracy.
- Activities: Practice shooting skills and accuracy drills.
- Game: Shooting competitions and practice drills.
- Cool-down: Relax and stretch.

Week 5: Defensive Skills
Objective: Introduce basic defensive skills and strategies.
- Activities: Learn defensive positioning and intercepting the ball.
- Game: Play defensive drills and games.
- Cool-down: Relax and stretch.

Week 6: Teamwork and Communication
Objective: Emphasise teamwork, communication, and sportsmanship.
- Activities: Focus on teamwork drills, communication exercises.
- Game: Play full Endball games emphasizing teamwork.
- Cool-down: Stretch and reflect on teamwork.

Week 7: Endball Tournament

Objective: Host an Endball tournament to showcase skills and teamwork.

- Activities: Play Endball tournament games.
- Cool-down: Celebrate with healthy snacks and team reflections.

Early Years - Athletics (Running and Throwing)

Summer 1

Feel free to adjust these plans further based on the abilities and interests of the children you are working with. The key is to keep the activities fun, engaging, and age-appropriate to ensure a positive learning experience.

EY

1. Running
2. Running Races
3. Bean Bag Throw
4. Bean Bag Rounders
5. Javelin Throw
6. Skills Circuit

EY

Running

Session objective: How to run fast over a short distance fast.

- Split children into groups of 4/5 behind a cone in lines.
- Explain about pumping arms will make your legs move faster and will give you momentum when running.
- On Go children run as fast as they can to the end of the hall to the finish line. Line of cone marks the finish line.
- When children reach finish line they turn and jog back to their team.
- After having a few practise runs turn the runs into races from start to finish.
- To finish turn sprints into races and tell children what position they have come in the race.

Running Races

Session objective: How to run and race against peers.

- Quickly repeat last week's lesson to remember things learnt.
- Set up a circle of cones and place one child at each cone. Child to sit down next to cone.
- Children to run around the outside of the circle to race against one another.
- Children race at set times for example "girls' race" "If you have black socks race" etc
- As they race round circle, they go back to the cone they started at.
- When child finishes race, they put their hand up so it's easy to see who has finished.

- Top 2 or 3 runners win a point.
- Runner with most points at the end is the winner.

Bean bag Throw

Session objective: Learn correct way to throw a bean bag over arm

- Explain and show correct technique how to throw a bean bag with one hand over arm.
- One hand holding bean above head with bent elbow at 90-degree angle. Use another arm to aim. Arm moves back and forward quickly forward then release bean bag high and far at 90% degrees for good distance.
- Place children into pairs behind a cone.
- One child in each group steps forward at a time and throws the bean bag forward showing correct technique.
- Allow many practises goes.
- After many practises goes turn it into a competition and see which child can throw the beanbag the furthest.

Bean bag rounders

Session objective: Perform correct throw in game situation.

- Quickly recap last week's lessons going over coaching points and have quick practise.
- Split children into 2 or 4 teams if 2 adults present.
- Set up a game of bean bag rounders.
- One team throws first and tries to get as many rounders as possible.
- The other team need to work as a team to collect the bean bags and put them in a hoop as quick as possible to stop the other team running.
- Each thrower throws 3 or 4 bean one at a time as far as they can into a space.
- After every thrower has had a go both teams swap over.
- The other team now have a go at getting rounders with the other team collecting the bean bags.
- The team with the most rounders' wins.

Javelin Throw

Session objective: Learn correct way to throw a javelin.

- Explain and show correct technique how to throw a javelin.
- Pencil grip in middle of javelin with javelin held over shoulder. Pull Javelin back and throw forward at 90-degree angle.
- Place children into pairs behind a cone.
- One child in each group steps forward at a time and throws the javelin forward showing correct technique.
- Allow many practises goes.

- After many practises goes turn it into a competition and see which child can throw the furthest.

Skills Circuit

Session objective: Use correct skill learnt on each event.

- Set up a circuit of activities covering the last 5 weeks of athletics.
- 1 Running station, 1 bean throw station, 1 javelin throw station,
  1 running station with added hurdle and one station game of bean bag rounders.
- Split children evenly into each station.
- Depending on time children can have a good go at each station practising skills learnt in last few weeks.
- After 5 minutes or more the children can swap stations.
- If time at the end they can go round again and have more goes.

Early Years – Striking and Fielding (Cricket, Rounder [Bean Bag Rounders] and Tennis)

Summer 1/2

Feel free to adjust these plans further based on the abilities and interests of the children you are working with. The key is to keep the activities fun, engaging, and age-appropriate to ensure a positive learning experience.

Rounders

Week 1: Introduction to Rounders
Lesson Objective: Introduce children to the basic rules and skills of rounders.

Session Plan:
- Warm-up: Dynamic stretching and running games.
- Skill Focus: Throwing and catching drills with soft balls.
- Introduction to the rounders field and bases.
- Game: "Base Run" - children run between bases and practice tagging.

Week 2: Learning to Hold and Swing the Bat
Lesson Objective: Teach children how to hold and swing a rounders bat correctly.

Session Plan:
- Warm-up: Simon says with bat-related movements.
- Skill Focus: Grip and swing technique with foam bats.
- Batting practice against a soft toss.
- Game: "Batting Relay" - children run and tap a base with the bat.

Week 3: Introduction to Fielding
Lesson Objective: Teach children the basics of fielding in rounders.

Session Plan:
- Warm-up: Animal-themed movement exercises.
- Skill Focus: Fielding ground balls and making throws to a base.
- Practice catching pop flies.
- Game: "Fielding Frenzy" - children field balls and make accurate throws.

Week 4: Introduction to Running Bases
Lesson Objective: Introduce children to running between bases and scoring in rounders.

Session Plan:
- Warm-up: Freeze dance with a rounders twist.
- Skill Focus: Running between bases and understanding scoring.
- Base running drills with a focus on speed and awareness.
- Game: "Base Race" - children practice running between bases quickly.

Week 5: Hitting for Distance
Lesson Objective: Teach children how to hit the ball for distance in rounders.

Session Plan:
- Warm-up: Rounders-themed obstacle course.
- Skill Focus: Hitting the ball hard and far with foam bats.
- Batting practice for power hitting.
- Game: "Home Run Derby" - children take turns hitting the ball as far as they can.

Week 6: Mini Rounders Match
Lesson Objective: Provide an opportunity for children to play a mini rounders match with modified rules.

Session Plan:
- Warm-up: Rounders-themed tag game.
- Mini rounders match with simplified rules and scoring.
- Emphasise teamwork and fair play.
- Award certificates or prizes at the end of the session.

Week 7: Rounders Skills Showcase
Lesson Objective: Allow children to showcase their rounders skills in a fun and supportive environment – something like class games or mini tournaments.

Session Plan:
- Warm-up: Relay race incorporating different rounders skills.
- Rounders skills showcase where children demonstrate batting, fielding, and base running.
- Encourage creativity and sportsmanship.
- Provide positive feedback and encouragement to all participants.

Bean Bag Rounders

Week 1: Introduction to Bean Bag Rounders
Lesson Objective: Introduce children to the concept of bean bag rounders and familiarize them with the basic rules and skills.

Session Plan:
- Warm-up: Fun bean bag relay race.
- Skill Focus: Throwing and catching bean bags.
- Introduction to the rounders field and bases with bean bags.
- Game: "Bean Bag Relay Rounders" - children run between bases with bean bags.

Week 2: Introduction to Fielding and Throwing
Lesson Objective: Teach children the basics of fielding and accurate throwing in bean bag rounders.

Session Plan:
- Warm-up: Animal-themed movement exercises.
- Skill Focus: Fielding grounders and making accurate throws with bean bags.
- Practice catching pop fly bean bags.
- Game: "Bean Bag Fielding Challenge" - children field bean bags and make accurate throws to targets.

Week 3: Introduction to Running Bases with Bean Bags
Lesson Objective: Introduce children to running between bases with bean bags and scoring in bean bag rounders.

Session Plan:
- Warm-up: Freeze dance with a bean bag twist.
- Skill Focus: Running between bases with bean bags and understanding scoring.
- Base running drills with a focus on speed and coordination.
- Game: "Bean Bag Base Race" - children practice running between bases with bean bags quickly.

Week 4: Hitting Targets with Bean Bags
Lesson Objective: Teach children how to hit targets with bean bags in bean bag rounders.

Session Plan:
- Warm-up: Bean bag target toss game.
- Skill Focus: Aiming and throwing bean bags at targets.
- Target practice for accuracy and distance.
- Game: "Target Toss Challenge" - children aim bean bags at different targets to score points.

Week 5: Mini Bean Bag Rounders Match

Lesson Objective: Provide an opportunity for children to play a mini bean bag rounders match with modified rules.

Session Plan:
- Warm-up: Bean bag-themed tag game.
- Mini bean bag rounders match with simplified rules and scoring.
- Emphasise teamwork, fair play, and good sportsmanship.
- Award certificates or prizes at the end of the session.

Week 6 - 7: Bean Bag Rounders Tournament

Lesson Objective: Play the game

Session Plan:
- Warm-up: Relay race incorporating different bean bag rounders skills.
- Bean bag rounders tournament – Play!
- Encourage creativity and positive reinforcement.
- Provide feedback and praise to all participants.

Cricket

Week 1: Introduction to Cricket
Lesson Objective: Introduce children to the basic concepts of cricket, including holding a bat, throwing, and catching.

- Warm-up: Stretching exercises and running drills.
- Skill Development: Teach children how to hold a cricket bat correctly and practice hitting a stationary ball.
- Game: Play a simplified version of cricket where children take turns batting and fielding.

Week 2: Ball Skills
Lesson Objective: Develop children's throwing and catching skills in cricket.

- Warm-up: Jogging and relay races.
- Skill Development: Practice throwing the ball accurately to a target and catching balls of different heights.
- Game: Play a game where children practice throwing and catching while moving around the field.

Week 3: Fielding Techniques
Lesson Objective: Teach children the basic fielding techniques in cricket.

- Warm-up: Agility drills and reaction games.
- Skill Development: Demonstrate how to field a ball correctly and practice picking up the ball and throwing it back to a designated spot.
- Game: Play a fielding game where children take turns fielding and throwing the ball.

Week 4: Batting Skills
Lesson Objective: Improve children's batting skills and introduce the concept of running between wickets.

- Warm-up: Batting stance drills and running exercises.
- Skill Development: Teach children how to swing the bat correctly and practice hitting a moving ball.
- Game: Play a modified version of cricket where children bat in pairs and run between wickets.

Week 5: Bowling Basics
Lesson Objective: Introduce children to the basic techniques of bowling in cricket.

- Warm-up: Arm exercises and balance drills.
- Skill Development: Demonstrate the proper bowling technique and practice bowling accurately towards a target.
- Game: Play a bowling game where children take turns bowling and aiming for the stumps.

Week 6: Game Strategy

Lesson Objective: Teach children basic game strategies in cricket, such as running between wickets and fielding positions.

- Warm-up: Dynamic stretches and team relay races.
- Skill Development: Discuss the importance of communication on the field and practice running between wickets.
- Game: Play a full cricket match with simplified rules to reinforce the concepts learned.

Week 7: Mini Tournament

Lesson Objective: Organise a mini cricket tournament to put all the skills learned into practice.

- Warm-up: Team stretches and warm-up game.
- Tournament: Divide children into teams and have them compete in a friendly cricket tournament, rotating through batting, bowling, and fielding positions.

Tennis

Week 1: Introduction to Tennis
Lesson Objective: Introduce children to basic tennis skills and familiarise them with the tennis court.

Session Plan:
- Warm-up: Dynamic stretches and running games.
- Skill Focus: Hand-eye coordination drills with balloons and beach balls.
- Introduction to the tennis court: Teach lines and boundaries.
- Fun game: "Balloon Tennis" - children hit balloons over a rope net with a tennis racket.

Week 2: Learning to Hold and Swing the Racket
Lesson Objective: Teach children how to hold and swing a tennis racket correctly.

Session Plan:
- Warm-up: Simon says with tennis-related movements.
- Skill Focus: Grip and swing technique with foam balls.
- Hand-eye coordination drills: Catching and throwing tennis balls.
- Game: "Racket Relay" - children run and pass a racket to each other.

Week 3: Introduction to Forehand Stroke
Lesson Objective: Teach children the correct technique for a forehand stroke.

Session Plan:
- Warm-up: Animal-themed movement exercises.
- Skill Focus: Forehand stroke technique with soft tennis balls.
- Footwork drills: Side shuffle and running to the ball.
- Game: "Forehand Frenzy" - children hit forehand shots against a wall.

Week 4: Introduction to Backhand Stroke
Lesson Objective: Introduce children to the backhand stroke and emphasise correct form.

Session Plan:
- Warm-up: Freeze dance with a tennis twist.
- Skill Focus: Backhand stroke technique with foam balls.
- Coordination drills: Backhand volleys against a wall.
- Game: "Backhand Blast" - children practice hitting backhands in pairs.

Week 5: Serving Skills
Lesson Objective: Teach children the basics of serving in tennis.

Session Plan:
- Warm-up: Tennis-themed obstacle course.
- Skill Focus: Serving technique with oversized foam balls.
- Practice serving over a low net or marker.
- Game: "Serve Showdown" - children take turns serving to a target.

Week 6: Introduction to Rallying
Lesson Objective: Introduce children to rallying and maintaining a rally.

Session Plan:
- Warm-up: Tennis-themed tag game.
- Skill Focus: Rallying back and forth with a partner using soft balls.
- Emphasise consistency and control in hitting the ball.
- Game: "Rally Race" - children rally with a partner and try to keep the ball going as long as possible.

Week 7: Mini Tennis Tournament
Lesson Objective: Provide an opportunity for children to showcase their skills in a fun tournament setting.

Session Plan:
- Warm-up: Relay race incorporating different tennis skills.
- Mini tennis tournament with modified rules and scoring.