

**Stage:** Foundation – Marking/ Bouncing

**Content Outcomes:**

**Lesson Number:** 1

**Resources/Equipment**

Footballs, Cones (minimum of 3 colours), goals

LESSON SEGMENT & TIMING	CONTENT/LEARNING EXPERIENCES	KEY TEACHING POINTS	ORGANISATION/PROCEDURE
<b>Warm Up (5 min)</b>  <b>Lesson Content (10 mins)</b>	Pairs Marking         Bouncing Grid	<ul style="list-style-type: none"> <li>• “Teddy Bear” Chest Mark- Hug the ball to chest</li> <li>• “Zombie” Out In Front Mark- Spread fingers, Thumbs make a W</li> <li>• “Super Man” High Mark- Spread fingers, Thumbs make a W, take the ball at the highest point.</li> <li>• Hold the ball in 2 hands</li> <li>• Whilst running, reach down tap the ball on the ground</li> <li>• Set Up- Aim football towards the receivers chest.</li> </ul>	<p><b>Marking Set Up</b> (Pairs) 2 lines of cones 5m apart (2 different colours)</p> <p>Time/ Number- Completed marks in 30 sec. Race to complete 10 marks.</p> <p><b>Bouncing Grid</b> (groups of 6-8) Line students up behind the starting marker then places markers in lines over 5,10,15m. Students will bounce the ball at each line, turn around and repeat on the way back and pass to next in line.</p> <p><b>Passing Vs Running</b> Class in split in 2, half forms a circle the half lines up behind a marker. The circle is the passing group, each person must complete one pass to the next. Count the number of passes. The group lining up is the running group. Each member must run one lap around the passing group.</p>
<b>Modified Game (10mins)</b>  <b>Conclusion (5mins)</b>	Passing Vs Running		