

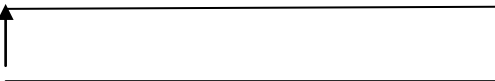
Stage: Yr 1-2 – Marking/ Bouncing

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
<p>Warm Up (5 min)</p> <p>Lesson Content (10 mins)</p>	<p>Bouncing (Stationary)</p> <p>Bouncing Grid</p>	<ul style="list-style-type: none"> • Non dominant hand on the side seam of the ball • Dominant hand to sit on top of the football • Dominant hand to push the ball down so that further end hits the ground first. <ul style="list-style-type: none"> • Hold the ball in 2 hands • Whilst running, reach down tap the ball on the ground  <ul style="list-style-type: none"> • Bounce the ball out in front so that it pops up to the players chest 	<p>Bouncing (Stationary) In pairs line up along 2 lines 3m apart. Start kneeling, 3 bounces then handball to partner. Progress to standing, but bending over. Finally standing.</p> <p>Bouncing Grid (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>Modified Game (10mins)</p> <p>Conclusion (5mins)</p>	<p>Tag Footy</p>		<p>Tag Footy Class spreads out side the playing space. Nominate 2 taggers. Taggers must bounce the ball once before they can run and tag a player with the football. Once a player is tagged they pick up football from the side line and join the taggers.</p>