



MAIN ACTIVITY

GAME

Shoot on Command

Spring 1 – Week 16

LEARNING OUTCOMES:

- Gross and fine motor skills.
- Complex motor skills.
- Hand eye co-ordination and ball control.
- EYFS Prime: C.L / P.D / P.S.E.D.
- EYFS Specific: World.

TIME:

10 - 15 mins.

EQUIPMENT:

Hockey sticks, balls and goals.

SAFETY:

Children must keep their stick low and the banana part on the floor. When shooting keep the stick low, scrape banana along floor then shoot.

SET-UP:

Set up two goals at either end of the room. Each child will require a hockey stick and a ball.

DESCRIPTION

The children have to dribble their ball around the room. When you shout "Stop" they put their stick on top of their ball to stop it, on your command of the following skills the children practice that skill (re-cap from autumn term). 1. Side to side taps. 2. Forward and backwards. 3. Push and walk. 4. Change direction. 5. Pass ball through legs. 6. When the teacher shouts out "shoot" the children have to dribble towards one of the goals to score. Once everybody has scored the children get their ball and continue to dribble.

PROGRESSION/VARIATION

1. Use a traffic like system; Green = Go, Amber = Turn or skill and Red = Stop.
2. Knockout: the last child to score is out.
3. Add more skills and scatter cones around the room.
4. Skill school: the children decide on the skills.