

# Games

## Lesson Framework

Each lesson follows a structure of:

- warm up/ introductory activity
- skills development & Practice
- game like situation/mini-game
- calm down

## Skill

The games experience focuses on the development of coordination and acquiring basic skills to progress. These experiences can be divided into 4 areas

1. Invasion- played end to end attacking a 'goal' or a line target. One team invades the other's space
2. Net/court/wall- games played within designated areas-usually across a net or above a line. Players play in their own areas of the court
3. Striking/ fielding- a game usually involving a batsman, fielder, bowler or a combination of them- the batter is trying to strike the ball into a position, allowing them to score
4. Target- the player is stationary and aims at a specific target- develops the skills of aiming, throwing, kicking, and catching,

Each game experience can be broken down into four main skill groups

- a) Sending
- b) Travelling with
- c) Receiving
- d) Making decisions

Each skill is taught using the following pattern of teaching, children move on when they have acquired the skill

- I. Acquisition of skill and tactical understanding
- II. Introduction with children in a stationary position
- III. Development of the skill on the move
- IV. Practising the skill/ tactical under pressure
- V. Putting the skill / tactic into the game situation

## Scheme

Each unit has between 4 and 6 lessons, designed to be 60 mins in length per lesson.

<b>Year</b>	<b>Unit 1</b>	<b>Unit 2</b>	<b>Unit 3</b>	<b>Unit 4</b>
<b>Reception</b>	Focus on using beanbags	Focus on using a ball	Focus on using quoits and hoops	Focus on using ropes, bats and balls
<b>Year 1</b>	Focus on ball skills and games	Throwing and catching/ aiming games	Bat/ball skills and games	Developing Partner work
<b>Year 2</b>	Throwing and catching – inventing games	Making up games with a partner- hitting and kicking	Dribbling, kicking and hitting	Group games and inventing rules