

Teacher: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_



# Lesson Plan - Catch

This lesson develops hand-eye coordination and two-handed catching.

Key Components	Activity	Teacher's Comments
Introduction and Warmup	Pac-Man	
Skill Development	Catch this	
Skill Application	Catch Newcombe	
Active Homework	Rebound Catch	



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## Pacman

Warm up and dribble



### Organisation

#### Equipment:

- 1 basketball per student

#### Set up and Timing:

- Hard open space with lines or basketball/netball court
- 5 minutes

### Learning Experience

#### Instruct students to:

- Students spread out around the court standing on a line holding their ball.
- 5 students are nominated as 'taggers' (no ball needed).
- On a signal students must run around the court (holding their ball in their hands) only along the lines. The taggers run along the lines also and try to 'tag' other students.
- When a student gets tagged they must stop and bounce their ball 10 times with the right hand and 10 with the left before they can rejoin the game.
- Change taggers regularly.

#### Level 2:

- Dribble the ball while running along the lines

### Teaching Tips

#### Teaching Tips:

- Increase the number of taggers to increase active time.
- Provide encouragement and positive reinforcement.
- Provide students with the choice and support to complete level 2.

## Catch This!

Skill Development – Catching



### Organisation

#### Equipment:

- 3 various sized balls per pair

#### Set up and Timing:

- In pairs
- Large open space
- 5 minutes

### Learning Experience

#### Instruct students to:

- Students catch the ball delivered by their partners in the following ways with various sized balls:
  - dropped
  - bowled
  - bounced
  - thrown into the air
- rebounded off a wall
- ricocheted from wall to floor
- ricocheted from floor to wall
- thrown underarm
- thrown over arm
- thrown while back is turned on command student turns quickly to catch.

### Teaching Tips

#### Teaching Tips:

- Move between pairs detecting and correcting errors using skill specific feedback.
- Ensure adequate space between groups (4-5m) to avoid collisions.

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## Catch Newcombe

Skill Application – Catching



### Organisation

#### Equipment:

- 1 volleyball/tennis net
- 1 medium/large ball per 2 groups

#### Set up and Timing:

- Large open space
- Groups of 4 or 5
- 10 minutes

### Learning Experience

#### Instruct students to:

- Set up the net with a group on either side.
- The game starts by a student of one group lobbing the ball into the air over the net to the other court.
- The ball must be caught in the hands only and lobbed twice more by other students of the same group before it can be thrown over the net.
- Students continue until the ball is dropped.
- A point is scored for the team who does not drop the ball.
- Swap servers after each point.

### Teaching Tips

#### Teaching Tips:

- Move between groups and provide skill specific feedback to all students.
- Praise effort and sportsmanship.
- Ensure to have evenly matched contests - group students on ability

## Rebound Catch

Home Fun - Catching



### Organisation

#### Equipment:

- 1 soft, medium-sized Ball

#### Set up and Timing:

- 2m from wall
- 10 minutes

### Learning Experience

#### Instruct students to:

- Complete with a parent/carer/family member. Using a brick wall and a ball practice catching.
- Throw the ball at the wall under-arm and try and catch the ball with two hands.
- See how many times you can catch the ball off the wall without letting the ball touch the ground, standing: 2m, 3m, and 4m away from the wall.
- Write down your highest score.

### Teaching Tips

#### Teaching Tips:

- Correct CATCH technique:
  - Eyes focused on the object.
  - Feet move to place the body in line with the object.
  - Hands move to meet the object.
  - Hands and fingers relaxed and slightly cupped to catch the object.
  - Catches and controls the object with hands only.
  - Elbows bent to absorb the force of object.



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# Lesson Plan - Throw

This lesson develops throwing strength, accuracy and consistency.

Key Components	Activity	Teacher's Comments
Introduction and Warmup	Dome Flip	
Skill Development	Left Versus Right	
Skill Application	Bombard Ball	
Active Homework	Throwing for Distance – Family Challenge	



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## Dome Flip

Warm up



### Organisation

#### Equipment:

- 30 domes
- 4 domes to define the grid
- 15 braids

#### Set up and Timing:

- 20m x 20m grid.
- 30 domes spread evenly over grid, half the right way up, and half upside down
- 2 teams (one team to wear braids).

### Learning Experience

#### Instruct students to:

- Students on each team are spread along the sides of the grid.
- When the whistle blows, team 1 attempt to flip all of the domes so that they are up the right way.
- At the same time team 2 attempts to flip all domes over so they are upside down.
- Once a student flips a dome over they must run back to a side of the grid before they can flip another dome.
- The game continues until the teacher blows the whistle to stop.

### Teaching Tips

#### Teaching Tips:

- Use whistle cues to start and stop the game
- Encourage 'no statues' so that all students are constantly moving.
- Change the means of locomotion.
- Include dynamic stretches (e.g. leg swings)

## Left Versus Right

Overarm throw – skill development



### Organisation

#### Equipment:

- 2 tennis balls/ beanbags or rolled up newspaper per student.

#### Set up and Timing:

- 30m x 30m grid
- Students spread out along one side
- Approximately 5 minutes

### Learning Experience

#### Instruct students to:

- Students throw as far as possible in the same direction with preferred hand.
- They then attempt to match the distance of the throw with their nonpreferred hand.
- Students count the number of throws it takes with the non-preferred hand to reach the same distance using the preferred hand.
- Repeat 3 times.

### Teaching Tips

#### Teaching Tips

- Encourage students to explore ways to improve their non-preferred hand throwing distance
- Provide skill specific feedback to all students
- Can place a hoop out in front to give them something to aim at – altering distance of the hoop.



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## Bombard Ball

Skill Application – Overarm throwing



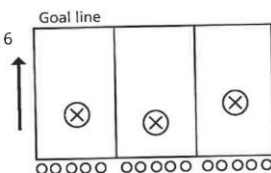
### Organisation

#### Equipment:

- 1 bean bag per student
- 1 beach ball per group
- 4 domes per group

#### Set up and Timing:

- Groups of 5 or 6
- 10 minutes



### Learning Experience

#### Instruct students to:

- In groups, students attempt to move a bigger ball over a goal line first using beanbags.
- Blow whistle for students to throw then collect Beanbags and wait for next whistle to throw again.
- Play next game where all students have to use their non-dominant hand.

### Teaching Tips

#### Teaching Tips:

- Have students play in team opposite one another (Bombard).
- Extend the distance to the goal line.
- Move around class providing skill specific feedback.
- Detect and correct errors.

## Throwing for Distance

Home Fun – Throwing



### Organisation

#### Equipment:

- 1 Ball
- (Can be modified to rolled up socks or scrunched newspaper if space is limited)

#### Set up and Timing:

- Large open space (may need to go to nearby park)
- 15 minutes

### Learning Experience

#### Instruct students to:

- Using an open space, practice throwing a ball as far as you can and mark the distance (using any object).
- Have 10 attempts and move the marker each time you throw past it.
- Once you've finished measure the distance of your longest throw by counting the number of steps it takes and try to beat it next time.
- Parents/carers also have a go.

### Teaching Tips

#### Teaching Tips:

- Correct OVERARM THROW technique:
  - Eyes focused on the target.
  - Stand side on to target area.
  - Throwing arm moves in a downward and backward arc.
  - Step towards the target with the opposite foot to the throwing arm.
  - Hips then shoulders rotate forward.
  - Throwing arm follows through down and across the body.

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Class: \_\_\_\_\_ Date: \_\_\_\_\_



# Lesson Plan - Kick

This lesson develops kicking strength, accuracy and consistency.

Key Components	Activity	Teacher's Comments
Introduction and Warmup	Ball Familiarisation	
Skill Development	Cooperative Kicking	
Skill Application	Sideline Soccer	
Active Homework	Kicking for Distance	



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## Ball Familiarisation

Warm up



### Organisation

#### Equipment:

- 1 ball per pair
- 4 soft domes

#### Set up and Timing:

- In pairs. 2 lines 5m opposite their partner
- Activity can run for approximately 4 minutes



### Learning Experience

#### Instruct students to:

- Challenge to try five consecutive kicks between pairs without trapping the ball.
- Try and kick between partners' legs (slightly greater than shoulder width apart).
- Perform some dynamic stretches: holding onto a partners shoulders side on, swing your right leg as high as possible 10 times, keeping leg straight, and then switch legs and roles.



### Teaching Tips

#### Teaching Tips:

- Review trapping – using foot to stop and control ball before kicking again.
- Ensure adequate space (3-4m) between pairs

## Cooperative Kicking

Skill Development - Kick



### Organisation

#### Equipment:

- Per group:
  - 1 kicking tee/soft dome
  - 1 large witches hat
  - 1 soft foam ball

#### Setup and Timing:

- 30m x 30m grid
- Groups of 3 (1 kicker, 2 retrievers)
- 6-minute activity



### Learning Experience

#### Instruct students to:

- Each student kicks the ball five times as far as they can
- A non-kicking student observes technique from the side and provides skill-specific feedback and positive reinforcement to the kicker.
- The 3<sup>rd</sup> student retrieves the ball/
- Perform using left and right legs.

#### Modification:

- Place a number of witches hats out in the grid for students to aim to kick at.



### Teaching Tips

#### Teaching Tips:

- It is vital teachers move around and provide skill specific feedback.
- Detect and correct errors
- Retriever should wait until all balls have been kicked by all students
- Provide students with the choice and support to complete the modification.



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## Side Line Soccer

Skill Application - Kick



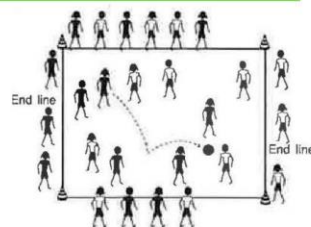
### Organisation

#### Equipment:

- Per 2 groups:
- 1 soccer ball
- 10 marker cones

#### Set up and Timing:

- Large open space
- Two 20m x 20m grids
- Groups of 6+
- 2 games
- 10-minute activity



### Learning Experience

#### Instruct students to:

- Each group is divided equally into 'middle' students and 'line' students.
- The object is for the 'middle' students to kick the ball over the end line of the other group.
- The 'line' students keep the ball from going out of bounds and pass it back to the 'middle' students. They can be used to advance the

- ball but goals may only be made by 'middle' students.
- Following a score or designated time (e.g. 3 minutes) the students swap roles.

### Teaching Tips

#### Level 1: Instruct students to:

- Move between groups and provide skill specific feedback.
- Detect and correct errors.
- Encourage team works

## Kicking Distance

Home Fun - Kicking



### Organisation

#### Equipment:

- 1 Ball
- Markers as goals

#### Set up and Timing:

- 20m of open space
- 10 minutes

### Learning Experience

#### Instruct students to:

- Practice kicking as hard and as far as you can.
- Mark your distance with any object.
- Try and beat your longest kick each time.

- Measure the distance of your longest kick by counting the number of your steps it takes to get to the ball.
- Have approximately 5 goes and write down your best score (number of steps).

### Teaching Tips

#### Teaching Tips:

- Correct KICK technique:
  - Eyes focused on the ball throughout the kick.
  - Non-kicking foot is placed beside the ball.
  - Contacts ball with the top of the foot (shoelaces) or instep.
  - Forward and sideward swing of arm opposite kicking leg.
  - Bends knee of kicking leg at least 90 degrees during the back-swing.
  - Kicking leg follows through high towards the target area.