

# LESSON PLAN: PERSONAL BEST: WEEK 1

LESSON OBJECTIVES: To complete a series of physical actions in different ways. To throw and react to catch.

## WARM UP (15 MINS) Do as I say

- Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second 'move on the spot' interval periods between each task. The tasks are:

Jog slowly on the spot

Make and hold a straight shape while standing on your tip toes

Make a star shape balancing on one foot

Make a star shape balancing on the other foot

Jog around your cone as many times as you can (in both directions)

- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK ONE (15 MINS) Keep going

- Teacher now calls out more challenging tasks for the pupils to complete on the spot for up to 30 seconds each time with 30 second rest intervals in between. They are:

Balance on the right foot

Balance on the left foot

Star jumps

Jump over your cone from side to side

Jump over your cone from front to back

- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK TWO (20 MINS) Off the wall (ensure that there is a water break beforehand)

- Each pupil keeps their beanbag and ask them to stand behind their cone. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. Add additional challenges if necessary. They are:

Throw the beanbag with one hand and catch it with the other hand (can you clap in between?)

Throw the beanbag from behind your back and catch it in front of you

Lift leg, throw beanbag from under leg then catch it

Lift leg, throw and catch beanbag from under leg then catch it with one hand

Throw beanbag then touch the ground with both hands (one after the other) then catch it

## COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

## EQUIPMENT/RESOURCES

- Cones
- Bean bags
- Hurdles (if required)

For more activities please visit

<https://valeroyalschoolsport.org/>

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playlist

[https://www.youtube.com/playlist](https://www.youtube.com/playlist?list=PLAi9D42KEBUZfqGPJ9S)

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[FXRAzKe2kkVYdU](https://www.youtube.com/playlist?list=PLAi9D42KEBUZfqGPJ9S)

## KEYWORDS/PHRASES

- Stillness
- Control
- Pump arms
- Bend knees
- Eyes on beanbag
- Speed
- Ready position
- Fingers spread
- Hands ready

## Adaption/Challenge/Homework

Harder	Easier
Use weaker leg to balance	Use weaker leg to balance
Catch with weaker hand (Task 2)	Catch with both hands (Task 2)
Clap before you catch (Task 2)	
Jump over higher cones/hurdles	Jump over higher cones/hurdles



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# LESSON PLAN:

# PERSONAL BEST: WEEK 2

## LESSON OBJECTIVES:

To complete a series of physical actions in different ways. To throw and react to catch in more challenging ways.

### WARM UP (15 MINS) Do as I say

• Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:

Jog slowly on the spot

Make and hold a straight shape while standing on your tip toes

Strides on the spot, changing the front leg

Arm swings to opposite foot with your legs spread

Jog at medium or a faster pace on the spot

• Pupils have a 1-minute rest period before completing all the above challenges again.

### TASK ONE (15 MINS) Keep going

• Teacher now calls out more challenging tasks for the pupils to complete on the spot repeatedly for up to 30 seconds each time with 30 second rest intervals in between. They are:

Jump over cone from side to side

Jump over cone to the front and back

Jump over cone and land facing the opposite way

Place feet either side of cone, jump up into a tuck shape and land

Place feet either side of cone, jump up, clip your feet together and land

• Pupils have a 1-minute rest period before completing all the above challenges again.

### TASK TWO (20 MINS) Off the wall (ensure that there is a water break beforehand)

• Give each pupil a tennis ball and ask them to stand facing a wall from two steps away ensuring that they are at least two away from others. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. They are:

Throw ball onto wall and catch with both hands

Throw ball against the wall and catch it with one hand

Throw ball against the wall and catch with your weaker hand

Throw ball against the wall and clap your hands before catching it

Throw ball with one hand and catch it with the other hand (add a clap when ready)

### COOLDOWN (10 MINS)

• Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

### EQUIPMENT/RESOURCES

- Cones
- Tennis balls
- Large balls (if required)
- Hurdles (if required)

For more activities please visit

<https://valeroyalschoolsport.org/home-learning/>

or subscribe to our YouTube playlist

<https://www.youtube.com/playlist?list=PLAi9D42KEBUZfqGPJ9SFXRAzKe2kkVYdU>

### KEYWORDS/PHRASES

- Head up
- Control
- Swing arms
- Bend knees
- Leap
- Ready position
- Eyes on the ball
- Hands ready

### Adaption/Challenge/Homework

Harder	Easier
Sprint on the spot	Move slower
Jump over higher cones/hurdles (Task 1)	Use larger balls (Task 2)
Clap their hands at least three times before they catch the ball (Task 2)	Allow them to catch ball after it bounces or roll it onto the wall (Task 2)



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# LESSON PLAN: PERSONAL BEST: WEEK 3

**LESSON OBJECTIVES:** To complete a series of physical actions in different ways. To throw and catch a beanbag in different ways while completing other actions.

## WARM UP (15 MINS) Do as I say

• Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:

Jog slowly on the spot

Make windmills with hands

Swing leg up and touch toes

Keep feet on the floor and touch toes with opposite hand

Jump like a frog on the spot

• Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK ONE (15 MINS) Keep going

• Teacher now calls out more challenging tasks for the pupils to complete on the spot repeatedly for up to 30 seconds each time with 30 second rest intervals in between. Each now have a beanbag and another cone that is placed upside down. They are:

5 squat thrusts then jump up and land on both feet

5 squat thrusts then jump forward and backward

5 squat thrusts then throw beanbag into cone then run to pick it up and back

5 squat thrusts then throw beanbag into cone with weaker hand, run and pick it up and run back

5 squat thrusts on one foot then through beanbag, run to get it and run back

• Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK TWO (20 MINS) Throwing and catching (ensure that there is a water break beforehand)

• Give each pupil a tennis ball and ask them to stand facing a wall from two steps away ensuring that they are at least two away from others. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. Add additional challenges if necessary. They are:

Throw ball onto wall and catch with both hands

Throw ball against the wall and catch it with one hand

Throw ball over your head onto the wall and catch it

Throw ball against the wall and clap your hands more than once before catching it

Throw ball with one hand and catch it with the other hand (add claps when ready)

## EVALUATION (10 MINS)

• Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

## EQUIPMENT/RESOURCES

- Cones
- Tennis balls
- Large balls (if required)
- Hurdles (if required)

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## KEYWORDS/PHRASES

- Balance
- Head up
- Bend knees
- Arms straight
- Ready position
- Eyes on the ball
- Fingers spread

## Adaption/Challenge/Homework

Harder	Easier
Squat with weaker leg (Task 1)	Two footed/less squats (Task 1)
Catch with weaker hand (Task 2)	Catch with both hands (Task 2)
Clap before you catch (Task 2)	



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# LESSON PLAN: PERSONAL BEST: WEEK 4

**LESSON OBJECTIVES:** To complete a series of physical actions in different ways. To throw and catch in different ways.

## WARM UP (15 MINS) Do as I say

Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:

Jog slowly on the spot

Make and hold a straight shape while standing on your tip toes

Flick your feet up to the side and touch your heels

Arm swings to opposite foot with your legs spread

Jog at medium or a faster pace on the spot

- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK ONE (15 MINS) Keep going

- Teacher now calls out more challenging tasks for the pupils to complete on the spot repeatedly for up to 30 seconds each time with 30 second rest intervals in between. Each child now has three cones in front of them that are one step apart. They are:

Complete 5 star jumps then hurdle over the three cones

Complete 5 star jumps then jump over the three cones

Complete 5 burpees then sidestep in and around the three cones

Complete 5 burpees then leap over the three cones

Complete 5 tuck jumps then jump over the three cones

- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK TWO (20 MINS) Throw and catch (ensure that there is a water break beforehand)

- Give each pupil a tennis ball and ask them to stand behind their cone. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. Add additional challenges if necessary. They are:

- Throw and catch with both hands

- Throw, clap and catch (can you clap more than once?)

- Throw and catch with one hand

- Throw and catch with weaker hand

- Throw, let the ball bounce and catch it with one/weaker hand

## COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

## EQUIPMENT/RESOURCES

- Cones
- Tennis balls
- Large balls (if required)

For more activities please visit

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## KEYWORDS/PHRASES

- Head up
- Bend knees
- Stay low
- Swing arms
- Reactions
- Move feet quickly
- Hands ready

## Adaption/Challenge/Homework

Harder	Easier
Sprint on the spot	Move slower between the cones ( <i>Task 1</i> )
Move quicker between the cones ( <i>Task 1</i> )	Use large balls ( <i>Task 2</i> )
Use weaker hand more frequently ( <i>Task 2</i> )	Catch with both hands ( <i>Task Two</i> )



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# LESSON PLAN:

# PERSONAL BEST: WEEK 5

## LESSON OBJECTIVES:

To complete a series of physical actions in different ways. To throw and catch in different ways while completing other actions.

### WARM UP (15 MINS) Do as I say

• Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:

Jog slowly on the spot

Make windmills with hands

Lift leg up and move it back (groin stretch)

Lift leg up to the side and move it forward (groin stretch)

Jog at medium or a faster pace on the spot

• Pupils have a 1-minute rest period before completing all the above challenges again.

### TASK ONE (15 MINS) Keep going

• Teacher now calls out more challenging tasks for the pupils to complete on the spot repeatedly for up to 30 seconds each time with 30 second rest intervals in between. Each child now has two cones two steps either side of them. They are:

Star jumps sideways from one cone to the other

Move with high knees from one cone to the next

Side jumps from one cone to the next

Side hops from one cone to the next

• Pupils have a 1-minute rest period before completing all the above challenges again.

### TASK TWO (20 MINS) Throw and catch (ensure that there is a water break beforehand)

• Give each pupil a tennis ball and ask them to stand behind their cone. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. Add additional challenges if necessary. They are:

• Throw, clap and catch with both hands (can you clap more than once?)

• Throw, clap and catch with one hand (can you clap more than once?)

• Throw, complete a spin and catch (the ball can bounce)

• Throw, touch the ground and catch (the ball can bounce)

• Throw, clap your hands let the ball bounce and catch

### COOLDOWN (10 MINS)

• Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

### EQUIPMENT/RESOURCES

- Cones
- Tennis balls
- Large balls (if required)

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### KEYWORDS/PHRASES

- Knees bent
- Change direction
- Quick feet
- Head up
- React
- Hands ready
- Eyes on the ball

### Adaption/Challenge/Homework

Harder	Easier
Get lower while travelling (Task 1)	Move slower between the cones (Task 1)
Move quicker across the ground (Task 1)	Use large balls (Task 1)
Use weaker hand more frequently (Task 2)	Catch with both hands (Task 2)



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# LESSON PLAN:

# PERSONAL BEST: WEEK 6

## LESSON OBJECTIVES:

To complete a series of physical actions in different ways. To control, throw and catch a large ball in different ways while completing other actions.

### WARM UP (15 MINS) Do as I say

• Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:

Jog slowly on the spot pulling an imaginary rope over your head Make windmills with hands

Jog while punching the air in front of you

Jog while punching the air above your head

Jog while punching the air either side of you

• Pupils have a 1-minute rest period before completing all the above challenges again.

### TASK ONE (15 MINS) Keep going

• Teacher now calls out more challenging tasks for the pupils to complete on the spot repeatedly for up to 30 seconds each time with 30 second rest intervals in between. Each pupil has a large ball. They are:

Hold a push up position with knees on the floor and feet crossed

Hold a push up position with knees off the ground

Hold a push up position with knees on the floor and move the ball around one hand using the other hand (more able try it without knees on the floor)

Hold a sit up position with opposite foot and hand off the floor

Hold a sit up position with hands and feet off the floor

• Pupils have a 1-minute rest period before completing all the above challenges again.

### TASK TWO (20 MINS) Throwing and catching (ensure that there is a water break beforehand)

• Each pupil keeps their large ball and ask them to stand behind their cone. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. Add additional challenges if necessary. They are:

• Throw ball with one hand to other hand

• Throw and catch while balancing on one foot

• Throw, clap your hands behind your back and catch (can you clap more than once?)

• Throw, clap behind up back and in front of you then catch

• Throw ball over your head and catch it behind your back

### COOLDOWN (10 MINS)

• Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

### EQUIPMENT/RESOURCES

- Cones
- Large balls
- Tennis balls (for more able)

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### KEYWORDS/PHRASES

- Strength
- Balance
- Control
- Ready position
- Reactions
- Eyes on ball
- Fingers spread

### Adaption/Challenge/Homework

Harder	Easier
Hold push up position without knees on the floor (Task 1)	Keep knees/feet on the ground (Task 1)
Use tennis balls (Task 2)	Catch ball without clapping hands beforehand (Task 2)
Clap more than once before catch (Task 2)	



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# LESSON PLAN:

# PERSONAL BEST: WEEK 7

## LESSON OBJECTIVES:

To complete a series of physical actions in different ways. To control a large ball and catch a tube-shaped item in different ways.

### WARM UP (15 MINS) Do as I say

• Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:

Jog slowly on the spot

Spread legs and swing arms to opposite feet

Make a tall straight shape while standing on your toes

Make star shape and balance on one foot

Star jumps on the spot

• Pupils have a 1-minute rest period before completing all the above challenges again.

### TASK ONE (15 MINS) Keep going

• Teacher now calls out more challenging tasks for the pupils to complete on the spot repeatedly for up to 30 seconds each time with 30 second rest intervals in between. Each pupil has a large ball. They are:

Move the ball around your body as quickly as you can

Move the ball around both of your legs with them stuck together

Spread your legs and move ball around one leg

Spread your legs and move ball in and of them (figure of 8)

Sit on your bottom with at least one foot off the floor and move it around your body keeping the ball off the floor (more able keep both feet off the floor) Now stand with your back facing the wall with your ball lodged between your back and the wall and try and move up and down without the ball dropping

• Pupils have a 1-minute rest period before completing all the above challenges again.

### TASK TWO (20 MINS) Tube catching (ensure that there is a water break beforehand)

• Each pupil creates a paper tube with A4 size paper and glue/tape. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. Add additional challenges if necessary. They are:

Tap bottom of tube upwards and catch it

Tap bottom of tube upwards and catch it with one hand

Tap bottom of tube upwards and catch it once it passes your knees

Tap bottom of tube upwards and catch it once it passes your knees with your weaker hand

Tap bottom of tube upwards and touch the floor before you catch it

### COOLDOWN (10 MINS)

• Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

### EQUIPMENT/RESOURCES

- Large balls
- Cones
- Paper tubes (pupils create in classroom)

For more activities please visit

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### KEYWORDS/PHRASES

- Speed
- Head up
- Strength
- Ready position
- Fingers spread
- Control
- Hand/eye coordination

### Adaption/Challenge/Homework

Harder	Easier
Keep both feet off the ground (Task 1)	Keep one foot on the floor (Task 1)
Touch the floor twice before catching the tube (Task 2)	Catch with both hands (Task 2)



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