

## Unit 3: Games activities - unit 1

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**Audience:** Key Stage 1

Year Group: 1

In this unit children develop basic game-playing skills, in particular throwing and catching. They play games based on net games (like tennis and badminton), and games based on striking and fielding games (like rounders and cricket). They have an opportunity to play one against one, one against two, and one against three.

In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition.

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### Lesson plans

#### [Lesson plan 1: Beanbags and Bunnies](#)

Children will learn to respond to teacher's instructions, changing pace and direction with control. Children will begin to carry apparatus when moving and co-operate with others.

#### [Lesson plan 2: Run, jump and pass](#)

Children will travel while holding equipment. Children will learn to pass a ball without dropping it.

#### [Lesson plan 3: Lose my Shadow](#)

Children will learn to vary speed, change direction and dodge their partner when playing simple games. Children will learn how to bounce and catch a ball with some accuracy and use this skill within a team game.

#### [Lesson plan 4: Throwing and catching](#)

Children will link running and dodging actions by playing simple partner games. Children will begin to throw and catch with some accuracy, working alone and with a partner. Children will use the skills of running and throwing accurately to play a team game.

#### [Lesson plan 5: Striking](#)

Children will learn to use space safely, becoming aware of others within the working area. Children will develop the idea of team work and group cooperation. Children will learn to strike balls using their hands.

#### [Lesson plan 6: Bats and Balls](#)

Children will continue to develop their understanding of the importance of avoiding other children when moving around. Children will also learn how to stop quickly and safely. Children will learn how to hold a bat correctly and begin to control a ball, both on the spot and while moving.

#### [Lesson plan 7: Balls, Bats and Sticks](#)

Children will continue to develop their dodging skills while working cooperatively in team games. Children will develop ways they can control a ball by learning to tap a ball along the ground as well as practising skills already learnt.

#### [Lesson plan 8: Along the floor](#)

Children will practice skills learnt in earlier lessons. They will begin to use a simple scoring system in their own competitive game. Children will begin to use skills needed to control a ball when dribbling such as using the inside of their foot to move the ball.