

LESSON PLAN: **SKILLZ4SPORT** INFANTS: WEEK 4

LESSON OBJECTIVE: To learn how to change direction quickly in order to complete the agility course.

WARM UP (10 MINS)

Human Skittles: Create a square. Stand one person in each corner with a dodgeball and place everyone else in the middle. The pupils in the corners have to roll the ball out into the centre to try and hit someone on the legs. If it hits them, they are out. Pupils have 2 minutes to see how many people they can get out. Swap the throwers.

MAIN LESSON (20 MINS)

Explain the term agility to pupils, being able to change direction at speed.

Cat and Mouse game: Choose 2 pupils to be the cats. Everybody else are the mice who need to tuck a bib into the back of their shorts to make 'a tail'. The cats have 2 minutes to chase the mice and collect as many tails as possible. If a mouse has their tail taken from them, they have to do star jumps until the 2 minutes is up.

Develop: Change the pupils who are cats and repeat the game to see if they can beat the previous score. You can also change the number of cats and make the area smaller to increase the difficulty for the mice.

GAME/COMPETITION (15 MINS)

Agility Competition: Set up coloured cones in the shape of an M. Pupils start at the red cone, run up to the yellow cone, then to the green cone, up to the blue cone and then finish by running to the orange cone. Time each person to see who is the quickest at changing direction.

10.1-15 seconds: 5 points

5.1 – 10 seconds: 10 points

0-5 seconds: 15 points

EQUIPMENT

- Dodgeballs
- Cones/markers
- Bibs

KEYWORDS

- Dodging
- Agility
- Directions
- Fast

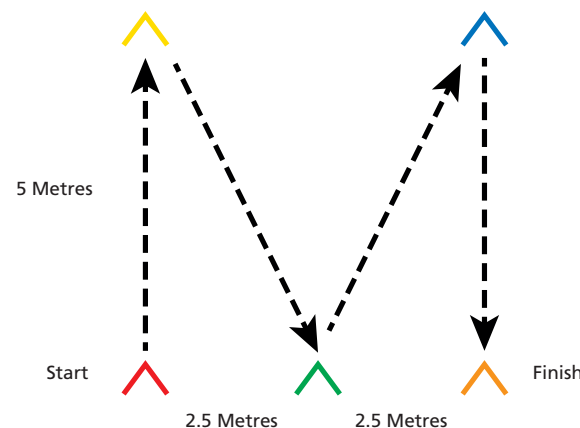
DIFFERENTIATION

LESS ABLE

- Give pupils 2 tails in the cat and mouse game.

MORE ABLE

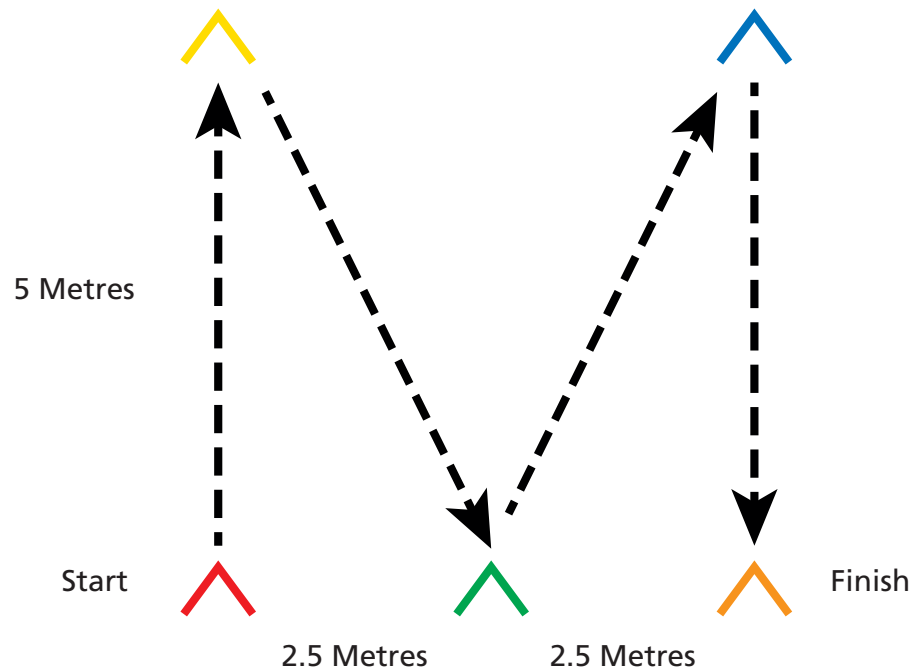
- Have 1 cat to chase that pupil and only that pupil.



RESOURCE CARD: **SKILLZ4SPORT** INFANTS

RELATES TO LESSON(S): 4 and 6

AGILITY COMPETITION:



RULES:

Pupils start at the red cone, run up to the yellow cone, then to the green cone, up to the blue cone and then finish by running to the white cone. Time each person to see who is the quickest at changing direction.

POINTS AWARDED:

10.1 – 15 seconds: 5 points
5.1 – 10 seconds: 10 points
0-5 seconds: 15 points