

Name	Equipment	Skill	Age Suitability
Home PE Session 1	Small ball/Rolled up socks	Throwing, Catching & Aiming 1	Year 3 & 4

Video Tutorial: <https://www.youtube.com/watch?v=fw68mSxLCbY&t=8s>

Check out our [YouTube channel](#) to see a variety of different lessons for a range of ages.

Warm Up (5 minutes):

Reaction Game: Pick an item, it could be a ball, a pair of rolled up socks or even your favorite toy and place it on the floor in front of you. Parent or siblings to shout out different commands. For example; Jog on the spot, star jumps, balance one leg, stretch up tall & touch different body parts. As soon as the command “Go” is called out the child has to pick up the item as quick as possible. If you have siblings or parents in your house you can have an item each and play against each other. Person who picks up the item first gets a point, first player to get 5 points wins.

Coaching Points: *Hands ready, knees bent & on your toes.*

Activity 1 (10 minutes):

Throwing & Catching Challenges:

Using a small ball, a pair of rolled up socks or a tea towel. Attempt the following challenges:

- Throw the ball up in the air and catch. How many can you do in one minute without dropping?
- Throw the ball up & clap and catch whilst in the air. How many claps can you do whilst the ball is in the air?
- Throw the ball up & touch your head whilst the ball is in the air. Can you think of any body parts you can touch whilst the ball is in the air?
- Throw the ball to a partner. How many can you and a partner do without dropping?

Coaching Points: *Hands ready, fingers spread, reach arms towards & eyes on the ball.*

Activity 2 (10 minutes):

Dice Challenge:

Using a dice or using some paper with numbers on. Each person has a go at rolling the dice or picking a number from the numbers on the paper 1-6. Whatever number is revealed for example: 3. That will be the number of throws & catches that has to be done the quickest against a sibling or parent. Give yourself a point if you do it the quickest. Play first to 10 points.

Coaching Points: *Hands ready, fingers spread & eyes on the ball.*

Activity 3 (15 minutes):

Target Practice:

Set out a variety of different soft toys, pots/pans or any household items that won't be damaged. Use an item to be your starting position and then set all the other items about 5-10 steps away from your starting point depending on space available. Using a pair of rolled up socks under arm throw them from your start position to try and hit the items set out. If you manage to hit an item take it back to your starting point. Keep going until all the items have been hit. If you have any siblings/parents in the house you can play against each other. Person who gets the most items wins.

Coaching Points: *Under arm throw, eyes on/face the target, release the ball & step forward with your opposite foot.*

Cool Down (5 minutes):

Light walk around the area and stretch. Can you remember all of the coaching points for throwing and catching? Finish with as many catches you can do for 1 minute with the ball.

Safety Considerations (outdoor):
Ensure playing area is clear of debris.

Safety Considerations (indoor):
Check suitability for area.

Simplification:

- Use a balloon or tea towel as it's slower than using a ball.

Progression:

- Record how many times you can complete the challenges in 1 minute. Try and beat your previous scores.

Notes:

What did you like about the lesson?

What would you change?