### Year 1, Spatial awareness, Lesson 4 Objectives

**Aiming at a target** – Students will be able to line up a ball with a target with some success.

**Passing in a team** – Students will be able to use the correct technique to pass successfully amongst a team.

<table>
<thead>
<tr>
<th>Lesson Structure</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
</table>
| **Introduction/ warm up (Connection and Activation)** | 5-10 min | Easier: - Encourage students to start slowly keeping both hands over/ on the ball.  
Harder:  
• Use 1 hand to control the ball.  
• Keep eyes up rather than on the ball. |
| Introduction | | |
| All students to have a ball. Moving with their ball in the area, without bumping into others and staying in control of their ball. |
| **Main (Development/ Application)** | 10 min  
3 min  
5-10 min  
15-20 min | Easier: move closer together. Use Key Teaching points for getting someone else’s attention (KP2)  
Harder: Encourage students to show where they want to receive the pass by directing the passer with their hands.  
Harder: Act as a defender. Force students to move to get their pass away/ receive the pass.  
Easier: Show definite target (hands) Model/ demonstrate a good pass/ catch while talking through where the student is going wrong.  
Act as a defender trying to intercept the ball.  
Add a student from another group to act as a defender. |
| Development: | | |
| Place students into groups of 3-4. Number them from 1-4.  
Get them to explore different ways they can pass to each other. Encourage students to talk about what works best.  
**Add rule:** Student’s can’t move if they have to the ball.  
**Discuss: KP3, KP4**  
Let students practice again. |
| Application: | | |
| Place hoops around the edge of the area (or something to aim for)  
Students have to take turns (in their order) hitting/ getting the ball into the different areas. Once they have hit the ball into one area they must turn around and go back the other way.  
Students are still not allowed to move if they have the ball. |
Teams can play on the same court... having to avoid each other. If a team is struggling you can give them their own area to work in.

<table>
<thead>
<tr>
<th>Cool Down</th>
<th>5 min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long, slow steps around the area, also gently swinging arms in a large circle (forwards then side ways... each way)</td>
<td></td>
</tr>
</tbody>
</table>