## Trip to the Match

**Learning objective:**  
1. To recap all fundamental skills  
2. To introduce a range of sporting activities

### Lesson Structure

<table>
<thead>
<tr>
<th>Introduction/ warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
</table>
| *Children find a space and lie down. On the coach/teacher’s signal, children must jump and start to get ready for the big day out at the match. Go through the process of getting dressed, brushing teeth, eating breakfast, putting on shoes (30 secs – 1 minute).*  
Mimic sports: football/basketball/golf/rugby/tennis.  
Coach/teachers demonstrates a sport specific movement for children to mimic e.g. kicking a football/shooting a basketball/golf swing.* | 5 mins | Extend:  
-  
Support: |

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<th>Main (Development/ Application)</th>
<th>With timings</th>
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| *All children get on the bus to travel to the match (standing in a long line, one behind the other travelling around the area, led by the coach/teacher)*  
**Activity 1: Ticket exchange!**  
All children find a space and are given a beanbag/cone (their ticket). As they move around the area, they must swap their tickets with the other children. Challenge children to count how many swaps they can get in a set time (e.g. 1 minute)* | 2/3 mins | Extend:  
- HA pupils must swap for a different colour beanbag/cone each time  
- HA pupils can only use one hand to swap tickets  
Support:  
- |
|  | 5 mins |  
**Activity 2: Find a seat!**  
Children move around the stadium trying to find a seat (a space) to sit in. Alternate through a range of types/speeds of movement (jog, hop, sidestep, crawl, walk backwards) and on the coach/teacher’s signal they must sit down, ready to watch the match.* | 5 mins |  
**Activity 3: Half time snacks**  
Spread cones, bibs, beanbags, small balls (items of food) all over the area/on benches. Kids must pick up no more than 3 pieces of equipment and balance them on different parts of their body as they make their way back to their seat (space)* | 5 mins | Extend:  
- HA children can try moving at speed (rushing back to see the 2nd half)  
Support:  
- LA children can carry 1 or 2 items of food |
|  | 5 mins |  
**Activity 4: Matchday Traffic Lights**  
Children are move around the area and follow the instructions given by the teacher/coach:  
Yellow cone/card = caution! Children slow their speed  
Red cone/card = children must freeze immediately  
Whistle = children start moving again* | 5 mins |
| Slow Motion Replay = children must move very slowly (exaggerate this movement) |
| Video Assistant Referee/Video Action Replay (VAR) = children partner up and try to copy/repeat their partners movements |
| Children re-board the bus to go home. |

### Plenary

Refresh learning objectives

Questions: 1. What kind of skills have we used today? (provide examples if necessary to prompt answers) 2. Which sports did we mimic at the start of the lesson?