**Coordination with team**

**Learning objective:** Be able to send object (all)  
Be able to send object to target (most)  
Be able to send object to moving target (some)

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<th>Lesson Structure</th>
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<td><strong>Introduction/ warm up (Connection and Activation)</strong></td>
<td><strong>With timings</strong></td>
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| Ball mastery- Travel around the playing area following coach's commands. Incorporate tennis ball and throwing and catching activities. Allow students autonomy and chance to challenge themselves | 10 mins | - Smaller ball  
- Bigger Ball  
- Use of wall |
| **Main (Development/ Application)** | **With timings** | **Differentiation (Extension/Support)** |
| **Hoop ball**- in 2s pupils must stand either side of a hoop. Using a tennis ball pupil must send a ball to his partner but the ball must bounce in the hoop. See how many times partners can catch without dropping. Pupils must then do it on the move and find different hoops to bounce the ball in. Introduce a defender who can intercept the ball or stand in the hoops that pupils are trying to use. | 15 mins | - Sit and roll the ball to each other  
- Bigger ball  
- Smaller ball  
- Use weaker hand  
- Throw to partners weaker hand  
- Can only receive when moving |
| **Target man**- Pick pupils to stand in various hoops, defenders and attackers. Attackers must work as a team to get the ball to the players standing in the hoops. The Defenders must try and block or intercept the throws without going in the hoop. How many points can the attackers get? | 15 mins | - Boxes instead of hoops  
- Static defenders |
| **Plenary** |  |  |
| Get partners in 2’s and get them to think of answers for the following questions. How was you making sure the ball went to your target? What different ways can you send the ball to a target? What’s the difference between passing to a target that’s moving? |  |  |

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