

# ***PE LKS2 Unit 12***

## ***Striking and fielding games 1***

### **Lesson 2**

### **Throwing accurately**



# Lesson 2 Throwing accurately

🕒 35-40 mins

## Learning objectives

### Children should learn:

- to develop the accuracy of their throwing skills at targets;
- to begin to understand the importance of warming up;
- to recognise how exercise affects their bodies;
- to recognise good performance and identify the areas that need improving.

## Success criteria

### Children:

- use throwing skills in tasks that involve hitting targets and scoring points;
- know the importance of warming up;
- know the demands that exercise makes on their bodies;
- describe what is successful in others' play and also suggest improvements.

## National Curriculum Attainment Targets

### Pupils should be taught to:

- play competitive games, modified where appropriate, such as badminton, basketball, cricket, football, hockey, netball, rounders and tennis.
- Apply basic principals suitable attacking and defending.
- use throwing and catching in isolation and in combination.

## Vocabulary

accuracy, relay, run, score, target, team, throw, underarm

## Resources

- beanbags
- cones
- hoops

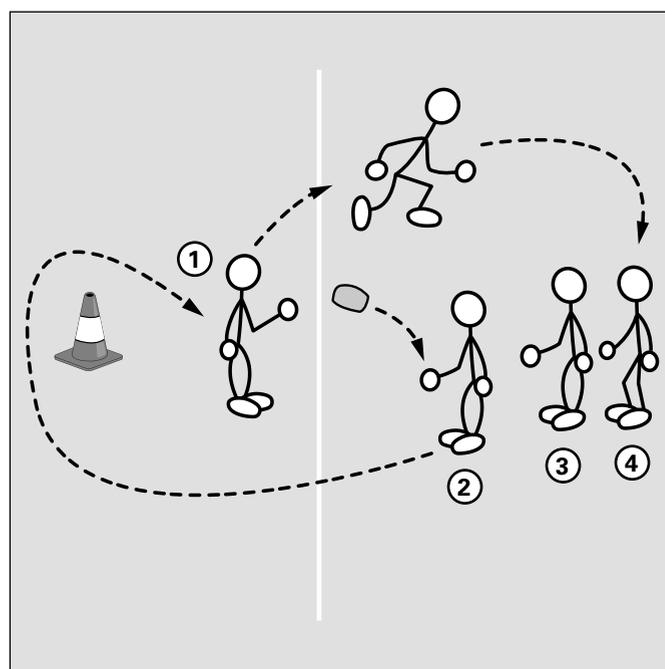
## Warm-up

🕒 5-10 mins

- Organise the children into teams of four. To do this, ask them to jog around the space you are working in, in any direction. Shout out a number and the children must get into groups of this number. Then ask them to start jogging around the space again in random directions until you call out another number. Do this four or five times, finishing by calling out 'four'.
- The children will now repeat the relay from the cool-down in the previous lesson, so that they

focus on the catching and throwing skills learnt during the last lesson.

- Child 1 stands on the line, throws the beanbag to 2 and then runs to join the back of the queue behind 4.



- Child 2 catches the beanbag, runs around the cone and back to the throwing line and then throws to 3.
- Repeat the relay until each team member has done it twice.
- When the children have finished, ask them to sit silently in their teams and wait for the others to finish. Ask the following questions:

### Key questions ?

*Did the relay warm you up?  
How did the running affect your breathing?  
How did it affect your heart rate?  
Why is it important to warm up for games?*

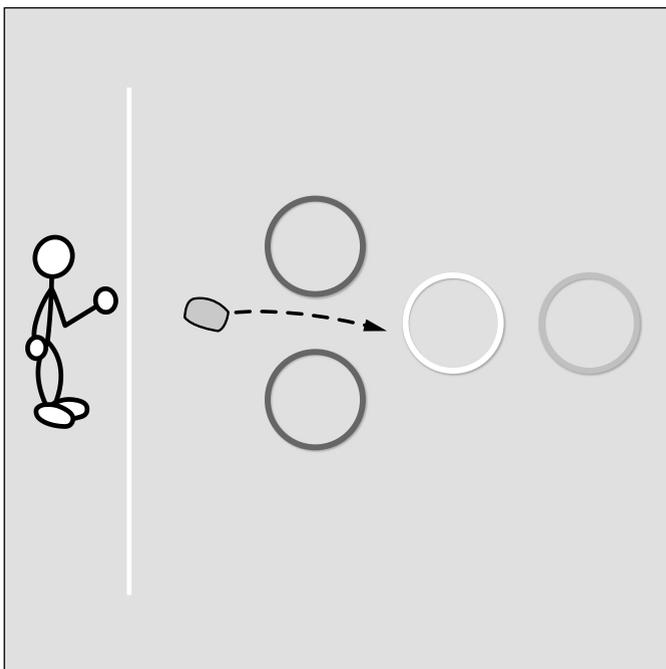
## Throwing skills

 25 mins

- Organise the children into small groups. Explain to the children that the aim of the lesson is for them to become more accurate with their throwing skills.

### Practice 1

- You will need four hoops and one beanbag per group, set up in the following way:

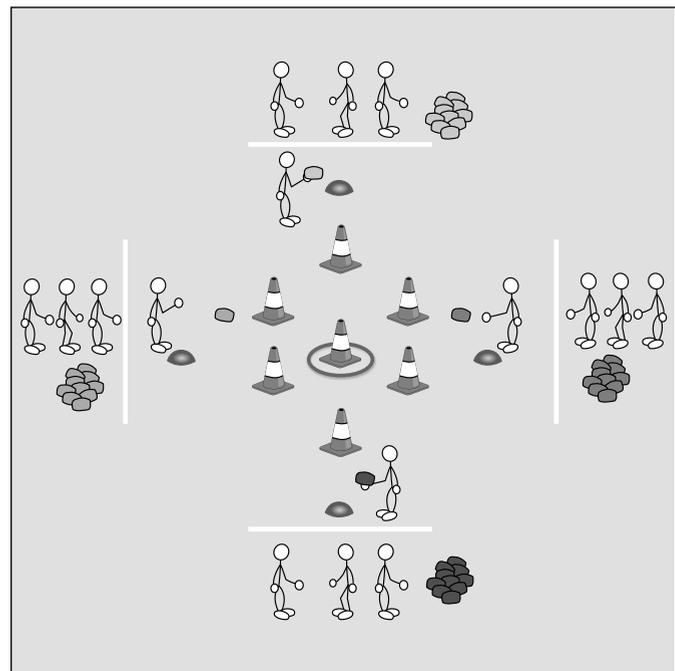


- In each group, children take it in turns to throw three beanbags towards the hoops. Either of the nearest two hoops scores 1 point, the central hoop scores 5 points and the furthest hoop scores 10 points. The children compete against other members of their team to see who can score the highest number of points in three throws.

**NB:** You can modify the scoring and the hoop set-up to suit your children.

### Practice 2

- In this practice, four teams compete in a relay-style game, each team using a certain colour of beanbag. Set up the equipment in the following way and split the class into four groups.



- Place a hoop in the centre with a cone inside it and a ring of cones around it. Place four marker cones around the edge and tell the teams where to line up (at a line on the edge of the playing area behind their marker cone). Give each team the same number of beanbags (each team has a different colour) to put in a pile next to them. The first child in each team collects one beanbag from the pile and runs to their team's marker cone. They then throw the beanbag, aiming to get it to land as close to the centre cone as possible. They run back and tag their next team member to go and do the same.

- Once all beanbags have been thrown, the teams should stand silently with their hands raised. The teams score: ten points for each beanbag inside the hoop; five points for each beanbag within the circle of cones; one point for each beanbag that has landed anywhere else within the playing area.
- Again, you can modify the scoring system and the game set-up to suit your children. For example, you could have a greater number of scoring zones and start the teams further away from their target, or specify that the children must hit the outer target area first, the central target area second and the middle target area third, telling them that no team can move on to the next target area unless the previously specified target has been hit.

## Cool-down

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### 5 mins

- Ask the children to stop and stand still.
- Now ask them to stand next to a piece of equipment and put it away when you tell them.
- Ask the children to jog around the space you are working in, in any direction. Shout out a number and the children must get into groups of that number. Then ask them to start jogging around the space again in random directions, until you call out another number. Do this four or five times and finish by calling out, 'two' so the children are ready to return to class in pairs.