

WARM UP

RATS & RABBITS

Pupils in pairs, standing in the middle of the space back to back (with 1 step in between). One side are called Rats and the other side are Rabbits.

Teacher calls out either Rats or Rabbits.

If the teacher calls “Rabbits”, the Rabbits have to run forward to the edge of the space. At the same time the Rats turn, chase the Rabbits trying to tag them with their hand.

If the teacher calls “Rats” then the Rats run forward and the Rabbits turn and chase.

Repeat mixing up the calls.

Teaching Points:

- Ensure the pupils have 1 step between each other
- Ready position, shoes shoulder width apart, knees bent
- Quick turn of the body
- Light on feet.

Skill UP:

The pupils have a sponge ball on the floor between them. Still starting back to back. When the teacher calls “Rabbits,” the Rabbits run towards their edge as before. The Rats turn, stay in the middle and underarm throw the sponge ball at their Rabbit, and get a point if they hit the Rabbit before they get to the edge. Rabbits get a point if they are not hit by ball before reaching the edge and vice versa.

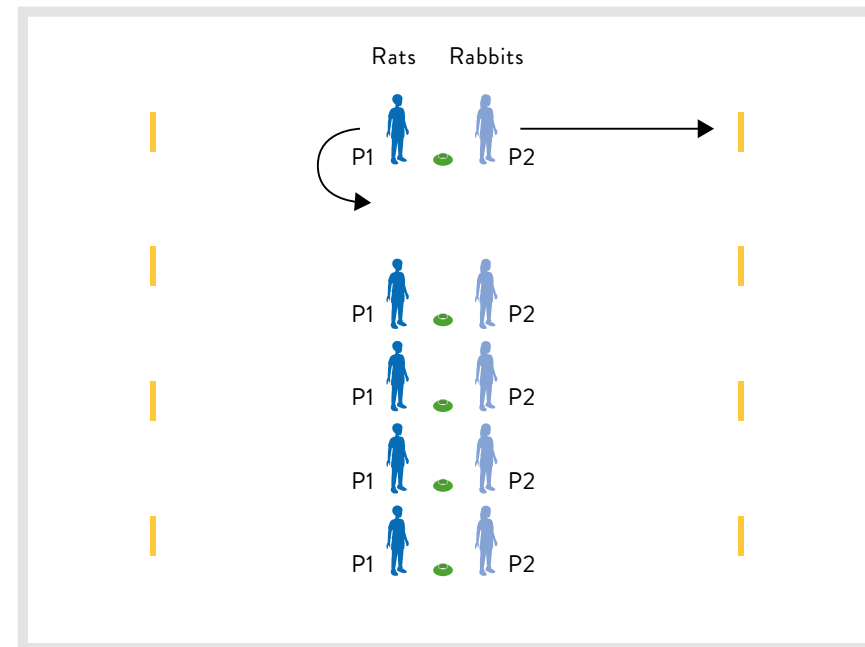
Repeat mixing up the calls.



DEVELOP HAND AND SHOE MOVEMENT CONFIDENCE

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Example of whole class activity set up:



Equipment:

- Sponge balls
- Cones

Activity set up:

