



SALLY

Character: Skillful Sally

Adventure 3: Off to the Supermarket

Keywords: movement, control, co-ordination, balance, bouncing, throwing, catching

Link to ELG: Can stand momentarily on one foot when shown. Can catch a large ball. (30-50 months)

Length of Session: 45 minutes

Resources Needed: different sized balls, cones, balloons, quoits, beanbags and music.

Lesson Focus/ Learning Objective

Explore throwing with different equipment and balancing.

Success Criteria

- To be able to successfully catch different pieces of equipment.
- To balance one leg for a few seconds.

In The Classroom

Explain today's adventure whilst the children are getting changed and which character will be taking them on their adventure... Skillful Sally. Describe the learning objective and the success criteria. Describe the adventure setting. Today we're going to help Skillful Sally by joining her on a trip to the supermarket! Now we are on our way to the shop, we must help her by listening to the shop assistant's instructions.

As children are changing, ask them to pair up and share with a partner, which equipment they like to use in their PE lesson, from a list you have displayed in the classroom.

In The Hall – Warm-Up

Activity: We are in the supermarket and we are going to get some food for our lunch, but someone has dropped all their shopping in the aisles so we need avoid tripping over it. We need to use our bodies to avoid these obstacles. Put different sized cones around the hall to represent the food that has been dropped. The children then need to move different ways in and out of the cones and avoid bumping into the food. If you have some music playing in the background, when you stop the music the children must hold a balance on one foot. When the music starts again the children can continue to move.

Feedback to the children on when they are showing good balance and control to avoid running into the cones.



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Main Adventure

Activity 1: Children Skilful Sally needs to help the staff in the supermarket with their work. Can you help all the staff with their task of putting the food on the shelves? All the children are given a balloon and must keep the balloon in the air for as long as they can. You can encourage the children to tap the balloon with one hand or different parts of their hand. Can they stand on one leg and hit the balloon in the air? **Instruct the children to think about how hard they need to hit the balloon. Praise children that are showing good technique.**

Activity 2: Skilful Sally needs you to move down different aisles in the supermarket and explore different types of food. Teacher to zone the hall off into 4 areas and each area will have different set of equipment for the children to practise with: one zone will have bean bags, another quoits and the other two, small balls and large balls. The children will move into the zones (aisles) and explore throwing and catching with the different equipment. **Give feedback to children. Ask them which equipment they enjoyed using. Which did they find harder to catch?**

Making The Tasks Easier

- Use bean bags or balloons as they will be easier to catch than balls.
- Make sure the children have lots of space to practice in.
- Encourage them to use equipment that they are having success with to build confidence.

Making The Tasks Harder

- Challenge the children to have a go with lots of equipment.
- Set individual tasks where appropriate to challenge.
- Encourage them to use the balls to catch as they are harder to catch with.

Feed Forward Notes for Next Session:

Notes On Individual Children's Needs:

Names/ Group	Reason	Learning Plan