



SALLY

Character: Skilful Sally

Adventure 5: Fairy Tale Adventure

Keywords: hand eye co-ordination, catching, positioning, throwing, eyes fixed, head still, aiming, target, team work, speed, height, accuracy

Link to ELG: Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. (40-60+ months)

Length of Session: 45 minutes

Resources Needed: basketball's or coloured multi-use balls, bibs and cones, beanbags and small/medium sized traffic cones.

Lesson Focus/ Learning Objective

To develop control with a partner while throwing and catching.

Success Criteria

- To be able to consistently throw and catch.
- To be able to catch successfully showing a good hand-to-eye co-ordination.
- To throw the beanbag using a controlled underarm throwing technique.
- To be able to work with a partner while throwing and catching.

In The Classroom

Explain today's adventure whilst the children are getting changed and which character will be taking us on that adventure... Skilful Sally. See if the children know what Sally's super-powers are and explain that today we'll be exploring terrific throwing and clever catching. Describe the learning objective and the success criteria. Describe the adventure setting. Today we're going to help Skilful Sally by going on a Fairy Tale adventure! Now we are on in the forbidden forest we must help her become a better explorer by listening to the fairy god mother's instructions. **As children are changed allow them to practice throwing a bean-bag with a partner to practice their control.**

In The Hall – Warm-Up

Activity: Children you are walking through the enchanted forest trying to throw a beanbag up to the highest tree to knock down the delicious fruits. Try not to drop them or they will become in edible. Position the children in a space in the hall with a beanbag each. Instruct the children to travel around the hall whilst throwing the beanbag up into the air and catching it before it hits the ground. See if they children can travel at different speeds trying to throw the beanbag higher as they get more confident. Ask to the children to try and catch the beanbag using one hand or clapping once or twice whilst the beanbag is in the air. Use a song to increases the tempo of the warm up. **Teach the child the correct technique for when throwing the beanbag underarm into the air keeping it under control. When catching the beanbag see if the children know how their hands should be positioned (little fingers together creating a wide target)?**



Main Adventure

Activity 1: Children the fairy godmother is high up in her spell cupboard flying around amongst the highest shelves. She is throwing down for you ingredients to catch, as she needs them to make a skilful potion. Position the children into pairs facing each other, standing a short distance away. Each child has a cone they must hold in their hand as a target for their partner to throw the beanbag into. Each time they successfully hit the cone they win one point. Demonstrate this to the children and confirm that everyone understands. After one or two minutes ask the children to take a step back each time they successfully catch the beanbag to increase the distance between and difficulty. **Why is it important to move our feet when catching an object (children should aim to use their feet to get in line with the object before catching)? Ask the children where our eyes should be fixed when trying to catch the beanbag (eyes should be fixed firmly on the object)?**

Activity 2: Children we have discovered the magical fair ground and have arrived at the coconut shy. We must help Sally using our super throwing to knock over the coconut to discover a prize (stickers). Divide the children into pairs, with each pair having two bean bags, traffic cone and tennis ball. The children must take it in turns one at a time and try to throw their beanbag at the target (tennis ball on top of traffic cone). They have to try and knock the tennis ball off the cone. After each child has had their turn ask the children to collect their beanbag and try once more. If the children are successful they should be awarded points. **See if the children know how they can ensure they are successful at throwing (use of good speed and height of the object)? Provide feedback to the children as they are practising.**

Activity 3: Children the Grumpy Grizzly bear has arrived and is trying to freeze you with his ice spell. If you are caught look out for Skilful Sally as she can save you. Position children in a space standing still in the hall. Choose two children to be the 'Grumpy Grizzly Bear' (wearing blue bibs) they have to try and tag the children as they travel around the hall. Choose another two children to be Skilful Sally (wearing green bibs) and their job is to release children that get tagged by throwing them a bean bag (the children frozen must successfully catch and throw the beanbag back to Skilful Sally before they can be released). If the children drop the beanbag they must try again. **(Child's name) demonstrates good consistency whilst throwing and catching when working with a partner. Remind the children to think about the speed and accuracy of the throw and the person that is catching make sure they have their hands ready to catch.**

Making The Tasks Easier

- Reduce distance between the children
- Reduce the distance between the target
- Ask the TA to provide support

Making The Tasks Harder

- Increase distance between the children.
- Increase the distance between the target.
- Increase number of children tagging.
- Give them a tennis ball to catch, which is more challenging.

Feed Forward Notes for Next Session:

Notes On Individual Children's Needs:

Names/ Group	Reason	Learning Plan