



SALLY

Character: Skilful Sally

Adventure 7: At the Seaside

Keywords: passing, receiving, hitting, pushing, control, speed, accuracy, target, stop, contact.

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: tennis balls or small balls, hockey sticks, tennis rackets, beanbags, skittles and cones.

Lesson Focus/ Learning Objective

To be able to stop and pass a ball with a stick/racket to a partner.

Success Criteria

- To be able to use the stick/racket safely.
- To be able to pass and receive a ball using a stick/racket.
- To be able to pass with accuracy and speed.

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 can remember the important skills use in their last adventure, as they will also be important today. Describe the learning objective and the success criteria. Describe the adventure setting. Today we're going to help Skilful Sally by becoming an explorer for a day out to the beach, for the big sand castle competition! Now we've arrived on the golden sands we must help her become a better explorer by listening to the host's instructions. **As children are changed ask them to pair and share with a partner about the skills they learnt last week when passing a football, as the same skills will apply today too.**

In The Hall – Warm-Up

Activity: Children need to collect the sand from the designated digging points for the sand castle competition. Position the children in the hall, with a bean bag and stick/racket each. The children have to push the beanbag around the hall and they have to try and push the beanbag and get it to land in the centre of a selection of non-slip spots you have spread out in the hall. If you get the children to try and push the beanbag from about 5 metres away to try and land on the non-slip spots to practise their passing. **How do we know how hard we have to push the beanbag? Feedback to the children about standing side on and having a small swing and looking at the target.**



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Main Adventure

Activity 1: Children we need to use our bucket and spade to start building our sand castle. Work in pairs to build your sand castle! Position the children in pairs with a hockey stick or tennis racket and beanbag. The children must try to pass and receive the beanbag to each other. Introduce the children to different types of passes including the push pass (pushing the beanbag with the inside of the hockey blade/tennis racket); hit pass (hitting the beanbag with a small back swing). **See if the children know what part of the beanbag they're aiming to hit with the bottom of the stick/racket (centre)? Why is it important to stand to the side whilst hitting/pushing the ball?**

Activity 2: Children the Grumpy Grizzly bear is also trying to make a sand castle. Use the balls to knock his down as he's trying to build it! Position the children in pairs with a hockey stick or tennis racket and ball. Give each pair a few skittles and position the skittles in between the two children. The children will then strike the ball to try and knock all their skittles down. They will take it in turns in hitting the ball. When they have knocked their skittles down they can have another go. See how many attempts it takes to knock the skittles down. You can increase the distance for the children that need challenging. Challenge children to use other techniques of passing the ball/ beanbag (push and hit). **Feedback to the children about standing side on and aiming for the target. If the children are hitting the ball and it's not travelling in a straight line it is because they are not making contact with the ball in the centre and the angle of the stick/racket will determine the direction of the ball.**

Activity 3: Children move around with your partner to explore all of the sandcastles in this year's competition. Move carefully with control to each sand castle! Position the children in the pairs with a hockey stick or tennis racket each and a beanbag or ball. Place non-slip spots around the hall for children to stand on when receiving a pass from their partners. The children must negotiate space passing the beanbag to their partner and finding a new spot to stand on. For a pass to be successful the person who is making the pass, must pass to their partner who is standing on a spot (make sure the children don't stand too far apart). See how many successful passes are possible in 2 minutes. **Feedback to the children as they are playing. (Child's name) lovely speed of pass there to your partner. (Child's name) very accurate pass and great contact with the ball.**

Making The Tasks Easier

- Just let the children use a beanbag.
- Increase number of skittles.
- Get the children to stand closer together.
- Use the TA to provide lots of support.

Making The Tasks Harder

- Get the children to use the tennis balls, as it's harder to control.
- Increase the distance between them and their partner.
- Use smaller targets for children to aim at.

Feed Forward Notes for Next Session:

Notes On Individual Children's Needs:		
Names/ Group	Reason	Learning Plan
www.sportxplorers.co.uk		