



SALLY

Character: Skilful Sally

Adventure 8: On the way to the Zoo

Keywords: shooting, hitting, pushing, control, speed, accuracy, target, placement.

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, hockey sticks, tennis rackets, skittles, hoops, bibs and cones.

Lesson Focus/ Learning Objective

To be able to shoot a ball at a target using good accuracy.

Success Criteria

- To be able to aim at a target.
- To aim at a target using good weight and accuracy.
- To hit a target whilst moving.

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 what she will be looking for today. Describe the learning objective and the success criteria. Describe the adventure setting. Today we're going to help Skilful Sally by visiting the Zoo! Now we've arrived we must help her become a better explorer by listening to the Zoo keeper's instructions. **As children are changed get them to sit in pairs with their legs spread out facing each other, pushing a ball to each other and think about aiming the ball into different parts of their partner's legs. You can discuss with the children the learning objective.**

In The Hall – Warm-Up

Activity: Children we are going to help the Zoo keeper to do a bit of cleaning in some of the animal enclosures. Get the children to travel around the hall with a stick or racket and practise striking a ball (the children are striking an imaginary ball). Talk to the children about the correct technique in taking the stick back and then forwards. Challenge the children to travel different ways by shouting out different movements, like; forwards, backwards, change direction, skip hop etc. **Where should we keep our heads? Where should we place our hands?**



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Main Adventure

Activity 1: Children the Raging Rhinos are on the loose trying to collect the hoops with their horns. Can you help? Position the children in a space in the hall with a tennis ball and hockey stick or tennis racket. Place coloured hoops around the hall sporadically. The children must use the ball to travel around the hall and hit their ball inside the hoop. The children need to be shooting the ball into the hoop and not dribbling the ball inside. Each time a child gets their ball to land in a hoop they score one point. **When aiming at the target children eyes should be looking at the target and the ball. Keeping their head still, trying to control the ball with good speed and accuracy. See if the children know why it is important to have good preparation, contact and follow through whilst hitting the ball at a target? Demonstrate to the children what this looks like.**

Activity 2: Children at the bear enclosure is the Grumpy Grizzly and we need to tidy up his enclosure. Divide the children into two team and spread out loads of skittles in the hall. One team are Grumpy Grizzly bears and the other Skilful Sally. Sally's team has hockey sticks or tennis rackets and has to try and hit their ball against the skittles to knock them over. The other team have no sticks/rackets or ball (Grumpy Grizzlies), but are trying to pick up skittles and place them back upright. Continue for 30 seconds and count the skittles to see which team has done best. Then swap the teams around, so the other team can have a go. **Why is it important to be balanced when hitting the ball at a target? What did we find difficult? What have we learnt in previous weeks, which can help us with this activity?**

Activity 3: Children the sea lions are swimming around playfully in the pool. They are balancing balls on their noses and firing them at the children walking by. Join in the fun! Children are placed into groups of three and in their groups they have one stick/racket and ball. If you place a selection of about 6-8 skittles about 10 meters away from the children. The idea of the game is we need to see which group can knock all their skittles over first. The children will take it in turns. You can increase the distance between the skittles and the children to make the game harder. **Feedback to the children about the weight and accuracy of the shot. Making sure they get their body in the right position standing side on and taking their racket/stick backwards, then forwards, to strike the back of the ball.**

Making The Tasks Easier

- Reduce the distance of the skittles.
- Encourage children to use the tennis racket to strike the ball, as it provides a bigger surface area and is easier to control.
- Give the children more space to work in.
- Use the TA to support the children.

Making The Tasks Harder

- Increase the distance between the children and the skittles.
- Give the children less space to work in.

Feed Forward Notes for Next Session:

Notes On Individual Children's Needs:

Names/ Group	Reason	Learning Plan
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