**03/4/20 – Morpurgo Group 13.15 – 14.15**

**Equipment –** Anytime of ball, Tennis balls bottom right of the rack and Tags in a blue container middle shelf on the rack.

**Warm – Up – Animal’s Roar**

* Run on the sport and then do a press-up
* Next, jump up and do your best lion roar. Repeat and add in other animal noises for fun.
* See if your friends can follow your moves.
* Keep going for 10 minutes.

**10minutes**

**Reaction Challenge**

* Make one person the leader with a ball in their hand
* All other players stand close by and start on 3 lives
* When the leader bounces the ball, the players must react and clap
* If the leader doesn’t bounce the ball and a player claps, they lose a life

**Progression**

* Instead of clapping when the ball bounces, try to catch the ball before it hits the ground.
* Increase the number of people dropping the ball and try to react to catch the one that drops.
* Give different instructions for different actions e.g. if the ball drops you must clap, if the ball is thrown high you must stamp.
* There are lots of ways that this game could be played. Be creative!

**15 minutes**

**Main Content: Keep Your Tails**

**Challenge 1:**

* Get into pairs and mark out a small area to play inside on the football pitch
* Attach three tails to yourself (bibs or a tag rugby belt), one on each side and one at the back.
* Face your partner with your toes facing forwards, knees slightly bent, straight back and hands on your hips.
* Bow to your partner and begin trying to catch their tails.
* If all three tails are caught, replace them, and the play starts again

**10 minutes**

**Challenge 2:**

Tag Mania:

* Everyone has two tags
* Make the area to run in a lot bigger (half of the football pitch)
* Students have a set amount of time to collect as many tags as they can in the allotted time
* Students who collect the most tags win

**15 minutes:**

**Challenge 3:**

Bull Dog Tag

* Pick two students to be the catcher (they give their tag to the teacher)
* Area should be marked out with the 4 yellow poles (a long rectangle)
* Objective to run inside the area without being caught by removing the tag.
* If students are caught they become the catchers.
* The last two students to remain will be the winners

**15 mins**

**Cool Down –** dynamic stretching – teacher led.

* Hamstring stretch, walk 3 paces, heel to the floor of front leg – lean towards to floor.
* Arm swings whilst walking
* Wave to the sky wave to the side wave to the floor wave in front of you – finish with one clap

**Morpurgo 03/4/20 - 14.20 – 15.20**

**Equipment –** Cones in the container on the left hand side middle rack behind the electric pump and

**Warm up:**

* Introduce the lacrosse stick to the children.
* In pairs have one person throw the ball to the one holding the stick and have them catch it
* The catcher should indicate where they want the ball using the stick, e.g. high, left, and right and then Swap.
* After 5 minutes discuss with the children what they struggled with.
* Show ideal hand position, i.e. the further apart your hands the more control you have on the stick; hands should be placed in an opposite direction to allow the arm to act as a piston.

**10 minutes**

**Main Activity 1:**

* In pairs one child rolls the ball away from the child holding the stick.
* They chase after the ball and scoop it up, cradling it and turning to run back.
* Have the children try this from different sides of the ball. Swap partners.
* Show successful attempts to rest of the children and discuss what makes them better, e.g. running speed (being parallel to the ball when scooping);
* Keeping feet wider apart for balance; hand positioning in controlling the ball in the stick.

**10 minutes**

**Main Activity 2:**

* Set out areas for six groups of children.
* Tell them to give themselves each a number.
* Within their assigned space they must keep moving about and calling out their numbers in sequence.
* The ball starts with no.1, who then passes to 2, 3 at this point should be calling out their number and moving to a position to receive the ball etc.
* If some groups just stand still and throw the ball to each other stop the group and explain in a game this wouldn’t be possible. Each player should pass the ball within 4 seconds.
* Show successful groups to the rest of the students.

**10 Minutes**

**Main Activity 3 / Game Development:**

In fives have 2 children assume defending roles and 3 attacking roles.

Place 1 hoop to act as a goal and explain that the children cannot shoot at goal if they are within 5m, or cannot properly see the goal (shooting blind)

The 3 attackers start from one end of the pitch and have to pass the ball towards the goal (remembering the 4 second rule) and score. The 2 defenders have to intercept the ball.

If the defence catches the ball it’s 1 point to them, if the attackers score its 1 point to them.

Highlight pop lacrosse rules which do not allow contact from bodies or from stick to bodies.

If a foul occurs a free pass must be taken. Swap players around roles.

**20 Minutes**

**Cool Down –** dynamic stretching – teacher led.

* Hamstring stretch, walk 3 paces, heel to the floor of front leg – lean towards to floor.
* Arm swings whilst walking
* Wave to the sky wave to the side wave to the floor wave in front of you – finish with one clap