**27/3/20 – Morpurgo Group 13.15 – 14.15**

**Equipment –** Rugby Balls In the blue container on the left hand side hanging up next to the footballs.

**Warm – Up**

You could use a mixture of fun commands and physically demanding ones, like:

* **Captain’s coming**The crew must salute the captain and stand at attention
* **Run to starboard/port**The crew must run to the left (port) or right (starboard) sides of the room and touch the side
* **Scrub the deck**The crew must do 10 push ups
* **Man the lifeboats**The crew will perform 10 sit-ups while moving their arms like oars

**10minutes**

**Rugby Ball Steal –**

Split the group into 4 teams

Put all of the balls in a pile in the middle of a large space (it could be multi-marker cones).

Distribute the teams in opposite corners of the space (10M apart)

One runner at a time from each team runs into the middle to get a bean bag or a cone & takes it back to corner and tags next runner. When they have all gone shout ‘steal’ and in 60 seconds one at a time each team can steal one bean bag from any other team and take it back to their corner and tag the next runner

Count up the Rugby balls at the end

Equipment: bean bags, cones, whistle, stopwatch

**15 minutes**

**Main Content:**

**PAC Man 1:**

Space runners out on the lines around a football pitch or the playground

* Pick one, two runners as ‘Pac-man’ (depends on group size) Runners have to keep away from the Pac-man as long as possible Runners only allowed to run along lines marked in the grass or playground They must change direction every time they get to a junction (but any direction they want ...except backwards)
* Runners not allowed to go backwards - ever. Once caught the runners have to join in and run behind the Pac- man. Everyone caught by the Pac-man has to run as a snake at a pace everyone else caught can keep up with (get them to walk if anyone can’t keep up). Pac man can run ahead - Either Pac-man or his snake can catch remaining runners
* Encourage students to run Reduce the area of pitch towards the end of the game if needed to enable catching of any remaining runners. Spread runners out according to ability.

**15 mins**

**Pac Man 2:**

Move the game to the playground if haven’t already and changed the format of the game, runners are only allowed to move on the coloured lines and the Pac Man are allowed to jump from line to line. If they miss or fall off a line they are frozen (10 star jumps) before they come back into the game.

**10 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 24/3/20 - 14.20 – 15.20**

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

**Warm Up – Domes and dishes**

Students put into mixed ability groups of 4 – set out on the end of the netball court,

each student has a cone half are dishes half are domes, they are spread out and objective is to turn all the cones over for their team*,* set a short amount of time on the first go to make there is a time limit. Give students bibs to help to know who’s on which team.

Try and make it competitive by having teams go against each other to make it more challenging and fun.

**10 minutes**

**Main Activity – Principles of skill development with Hockey (Teacher to demonstrate)**

**Task 1: Ball Control**

Model for the children how to hold a hockey stick (correct grip technique, Left Hand top, Right Hand middle)

* Show the students how to dribble with the hockey stick with a ball (emphasise the need to keep the ball close and the need to do this slowly to ensure good control and head up to ensure they don’t bump into each other), best place to conduct this is on the playground.
* Place cones out on the floor to ensure students look up when traveling with the ball
* Look at hand technique of

**15mins**

**Task 2: Passing and Stopping the ball (Teacher to demonstrate)**

* Using the cones left out from dishes and domes to move around using open stick dribbling. **Differentiate** by getting the children to change speed.
* Development: Passing the ball to your partner, by sliding your stick along the floor in the direction you want it to go.
* Partner – will stop the ball by placing the ball on the floor using the flat surface of the stick and LH should be at the top to avoid fingers getting hurt
* Pupils to find a space and practice moving the ball into space and passing the ball to a partner

**15 Mins**

**Game Development 1:**

* Students split up into groups.
* All balls in the middle they have to go out 1 at a time and take a ball.
* When they have all gone they must take from other groups islands.

**Game Development 2:**

* Put students into 3 mixed ability groups
* Two teams play inside the football goal area, having ago of playing a game using the skills just learnt.
* While the two teams are playing, the other team can practice of working as a team
* Once a team scores, the team who conceded will swap with the team that is off practicing outside of the football pitch.