

Little sticks Year 1

Date	Objective	Outcome	Session	Resources	Key Vocabulary
1	I can control a ball and move it around my body. I can move a ball in a range of ways.		<p><u>Warm up-</u> <u>Activity Beans</u> - Tell the children they are going to be beans. Explain that they need to listen to which type of bean they will be and then move like that type of bean.</p> <p>Start off with about 3 different types of beans. This can be increased as the children get used to playing the game. Choose from: Runner bean-moving fast, jumping bean -moving jump, Coffee bean -Run on the spot. French bean-Walk up on tiptoes and say, 'ooh la la.' Jellybean -Shake like jelly. Baked bean -Curl up very small on the ground.</p> <p><u>Teach-</u> Make sure each child has a ball. Ask the children to do a range of things with the ball (outlined below). The idea of this activity is for children to get used to handling a ball and to understand that balls can be used for different things.</p> <p><u>Apply-</u></p> <p>Can you move the ball around your body? How can you move the ball over your head? Can you move the ball in between your legs? Can you pick up the ball with different parts of your body? Which way did you find easiest? Which way did you find hardest? I wonder what will happen if you try to balance the ball on different body parts (back of hands/arms/foot)? Can you sit down and move the ball around you using only a finger? Can you sit down and move the ball around you without using your hands? Can you sit down and move the ball around you using only your feet?</p>	<p>Variety of sized balls</p> <p>Skipping ropes</p>	<p>Ball, round, big, small, spiky, smooth, bouncy, travel, move, equipment, same, different, stick, bat, racket, team.</p>

		<p>Vary the size of balls to challenge and extend.</p> <p>Split the children into small teams and give each team an easy-to-handle ball. Put safety disc marker cones out for each team to move around to create a relay.</p> <p>Children work with their team in a relay. They should move the balls around the cones, then back to their team. <i>(You can make this a race if you wish.)</i></p> <p>Ask the children to move the balls in different ways (outlined below).</p> <p><u>Cool Down-</u></p> <p>Using a variety of skipping ropes, make different shapes and children have to walk the 'tight rope' without falling off.</p>		
2	<p>To be able to show control and accuracy.</p> <p>To begin to understand basic skills of golf.</p>	<p><u>Warm up-</u></p> <p>Play '<u>Tiger</u>' - Place a selection of cones in different places around the outside of the hall: Blue (water), White (Tee), Green (the green), Yellow (bunker), Red (the Rough). Leave the centre of the hall empty (the Fairway). Ask the children if they can <i>guess what each cone represents?</i> Play 'Tiger says - shout out instructions (i.e. Tiger says jump in the water, Tiger says run down the Fairway, Tiger says run to the Green, etc). If the teacher shouts 'FORE', children must duck down, covering their heads with their arms as if a ball is coming.</p> <p><u>Teach-</u></p> <p><u>Rolling</u></p> <p>Rolling hand with ball, opposite hand points to target, opposite foot forward, head up, bend knees so that throwing hand almost touches floor, lean forward and release ball for a 'controlled' roll.</p> <p><u>Putting</u></p> <p>Dominant hand at the bottom of the handle & weaker hand above. The forefinger of the weaker hand interlinks with the small finger of the dominant hand to form a firm grip. Stand sideways onto the target with feet slightly apart. Keep arms straight and ensure that the putter head almost touches the floor. Swing the club in a 'Tick-Tock' motion, making sure the club does not rise above knee height.</p>	Tri-Golf Clubs & Balls, cones, hoola-hoops	Roll, throw, bend, catch

		<p><u>Apply-</u></p> <p>Introduce the 'putter' if appropriate. Talk about the shape, which part to hold and which part to putt. Allow children time to 'free hit' a range of balls or objects to develop 'swing' - this more require most of the lesson.</p> <p>Stand together into lined groups of 4, and each group stand behind a cone, all facing the same way with one putter between them (try to put any left-handed children in the same group for ease of club distribution). Set out a selection of cones upside down in front of all the groups, one at a time. A player from each group tries to putt a ball to hit a cone. If they hit a cone, they collect it and return to their group. After all cones are collected, the team with the most cones wins. (to differentiate, the HA group must hit the far colours, and the LA group must hit the closer colour cones). Alter the game by allocating points for different colour cones (i.e. yellow cones = 5 points, green = 2 points, etc.)</p> <p><u>Cool Down-</u></p> <p>In their teams of 4, children return all equipment and then walk and pick up one cone from the hall. Once collected walk to someone and shake hands with them, saying, "well done".</p>		
3	To begin to show consistency and control when using equipment	<p><u>Warm up-</u></p> <p>Bunkers and Birdies - see activity card</p> <p>Split into 2 teams, each each form a line so that they are able to touch each others fingertips.</p> <p>One team is Birdie, the other Bunker. Teacher to call out either 'group' and they should run and try to reach the line cones nearest to them. The other 'group' should try and tag them before they reach the cones.</p> <p><u>Teach-</u></p> <p><u>Underarm throw</u></p> <p>Hold the ball in the throwing hand, the opposite hand points to the target, the same foot is forward. Bend knee and lean slightly forward before throwing, swing arm gently and release ball when throwing hand is in line with aiming hand.</p>	Tri-Golf Clubs & Balls, cones, hoola-hoops	Roll, throw, bend, catch, hit

		<p><u>Putting</u> Dominant hand at the bottom of the handle & weaker hand above. Forefinger of weaker hand interlinks with small finger of dominant hand to form a firm grip. Stand sideways on to the target with feet slightly apart. Keep arms straight and ensure that putter head almost touches floor. Swing the club in a 'Tick-Tock' motion making sure the club does not rise above knee height.</p> <p><u>Apply-</u> 'Treasure Island' - Put children into groups of 3 or 4 and line the groups up behind a starting point. Place some large hula-hoops in a line in front of each team, spaced out about 3-5m apart. Each team have 1 ball and must underarm throw (see TP) the ball to land in the first hoop. If successful, then all 3 players move into the first hoop. Keep taking turns until the team move through all hoops - the first to do so wins. Remind children of the skills of using the putter club (see TP).</p> <p><u>Play 'Tunnel'</u> - Move groups to one end of the hall. Set up a channel of cones for each team with a hula-hoop at the end of the channel. One at a time, a player must putt their ball through the 'Tunnel' without touching a side cone. If successful, they collect a cone from a pile of 10 at the end of their channel. If they also manage to get the ball to land inside the hoola-hoop they collect 3 cones from their pile. Each team have a pile of 10 cones, the first team to collect all 10 cones wins.</p> <p><u>Cool Down-</u> 2 Children from each team stand at the end of the tunnel facing each other, raise their arms above their heads and touch hands forming an 'archway'. One at a time the remaining players from each team walk down the tunnel of cones and under the 'archway'. Walk to the teacher and sit down. Review skills.</p>		
4	<p>To show consistency and control when using equipment. To be able to cooperate with others in a competitive situation.</p>	<p><u>Warm up-</u> <u>Directions Game</u> Tell the children that they will be completing an action and performing it in different directions: Forwards Backwards Sideways. Give the children an action: Walking, tiptoeing, giant steps, hopping, jogging Then hold up the direction cards. The children should walk etc. in that direction. Change the direction every couple of seconds. Repeat with</p>	Tri-Golf Clubs & Balls, cones	Roll, throw, bend, catch, hit, putt

		<p>different actions.</p> <p><u>Teach-</u> <u>Putting</u> Dominant hand at the bottom of the handle & weaker hand above. Forefinger of weaker hand interlinks with small finger of dominant hand to form a firm grip. Stand sideways on to the target with feet slightly apart. Keep arms straight and ensure that putter head almost touches floor. Swing the club in a 'Tick-Tock' motion making sure the club does not rise above knee height.</p> <p><u>Apply-</u> <u>Treasure Island'</u> - Put children into groups of 3 or 4 and line the groups up behind a starting point. Place some large hula-hoops in a line in front of each team, spaced out about 3-5m apart. Each team have 1 ball and must underarm throw (see TP) the ball to land in the first hoop. If successful, then all 3 players move into the first hoop. Keep taking turns until the team move through all hoops - the first to do so wins. Remind children of the skills of using the putter club (see TP).</p> <p><u>Lemmings</u> Mark out starting point using cones, put children into small teams and start from behind a cone. Mark out a finishing line at the end of the hall. Each team must try and putt the ball closest to the finishing line without going over. Each player has 1 ball and one chance. Team with the closest putt to the finish line wins.</p> <p><u>Cool Down-</u> <u>Animal Kingdom</u> - Ask children to stand in a space. Start by asking the children to be energetic monkeys moving around the hall, jumping from spot to spot, only stopping to have a quick scratch. Next, ask the children to be tigers that crawl quickly and leap, only stopping to show their claws. Finally, ask the children to be snakes that slowly slither on the floor.</p>		
5	To show consistency and control when using equipment.	<p><u>Warm up-</u> <u>Foxes and Bunnies</u> Choose 3 children to be foxes. The rest of the children will be bunnies. Foxes move around the space on all fours. Bunnies hop around the space. The foxes</p>	Tri-Golf Clubs & Balls, cones, hoola-hoops	Roll, throw, bend, catch, hit, putt

	<p>To be able to cooperate with others in a competitive situation.</p>	<p>try to catch the bunnies by tapping them on the back. •Once a bunny has been caught by a fox, they freeze. The other bunnies now try to tap the frozen bunnies on the back to defrost them. Swap the foxes during the game.</p> <p><u>Teach-</u> <u>Underarm throw</u> Hold the ball in the throwing hand, the opposite hand points to the target, the same foot is forward. Bend knee and lean slightly forward before throwing, swing arm gently and release ball when throwing hand is in line with aiming hand.</p> <p><u>Putting</u> Dominant hand at the bottom of the handle & weaker hand above. Forefinger of weaker hand interlinks with small finger of dominant hand to form a firm grip. Stand sideways on to the target with feet slightly apart. Keep arms straight and ensure that putter head almost touches floor. Swing the club in a 'Tick-Tock' motion making sure the club does not rise above knee height.</p> <p><u>Apply-</u> <u>Lemmings</u> Mark out starting point using cones, put children into small teams and start from behind a cone. Mark out a finishing line at the end of the hall. Each team must try and putt the ball closest to the finishing line without going over. Each player has 1 ball and one chance. Team with the closest putt to the finish line wins.</p> <p><u>Minefield</u> Spread cones over 'the playing area' and put children into groups of 3 or 4. Each team will have a putter. Each team must try and 'putt' their balls through the markers on the playing area avoiding the mines (cones). If successful they return to the back of the team line and sit down, if unsuccessful they must keep going. The winning team is the team with everyone sat down. Extend with distance or decrease number of (mines).</p> <p><u>Cool Down-</u> <u>Balancing Beanbags</u> Make sure each child has a beanbag. The children should balance the beanbag on the body part shouted out e.g. arm, head, elbow, knee. Children attempt to slowly move round the space whilst balancing the</p>		
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		beanbag. Continue the activity by shouting out different body parts.		
6	To be able to demonstrate a putting or chipping technique with some consistency.	<p><u>Warm up-</u> Play 'Ball-Tag' - Each child has a small sponge ball and must avoid the 'tagger' who has a large sponge ball. The tagger must try to touch (not allowed to throw) as many players as possible with the large ball. If tagged, a player must stand still with their legs apart. The tagged player may only rejoin the game when another player rolls their small sponge ball between their legs and then retrieves it. The tagger can tag anyone at any time. Alternate the game by swapping tagger / adding tagger / changing the way the players can move around the hall / changing the size of the area.</p> <p><u>Teach-</u> <u>Rolling</u> Rolling hand with ball, opposite hand points to target, opposite foot forward, head up, bend knees so that throwing hand almost touches floor, lean forward and release ball for a 'controlled' roll. <u>Putting</u> Dominant hand at the bottom of the handle & weaker hand above. The forefinger of the weaker hand interlinks with the small finger of the dominant hand to form a firm grip. Stand sideways onto the target with feet slightly apart. Keep arms straight and ensure that the putter head almost touches the floor. Swing the club in a 'Tick-Tock' motion, making sure the club does not rise above knee height. <u>Apply-</u> <u>Sector Ball</u> Staying within their teams of 3 or 4 people, teams now stand opposite another team. Directly in front of each team, place a mat or a square of cones - this is their 'Sector'. Taking turns, each team must attempt to land their ball in the opposition's Sector. Each time this happens, the successful team score a point. Once confident, introduce the putter and repeat using putter rather than under arm throw or roll. Differentiate by changing the distance between teams / the size of the target.</p>	Tri-Golf Clubs & Balls, cones, hoola-hoops	Roll, throw, bend, hit, putt

		<p><u>Bullseye</u> Using skipping ropes/hoops or markers, mark out a bullseye target and lay it down in the centre of the playing area and line several teams (of about 3 or 4 people in each) around the target approximately. 5m away so that they are all facing in towards the target. One at a time, a player from each team attempts to put their Velcro-spotted ball to the centre. Points are scored depending on how close to the centre the ball reaches *use velco markers from little sticks resources. Players accumulate points for their team. The game could last a designated time, or teams can be allocated target scores, which encourages a range of accuracy and numeracy links. Differentiate by changing the hitting distance or target size.</p> <p><u>Cool Down-</u> 2 Children from each team stand at the end of the tunnel facing each other, raise their arms above their heads and touch hands forming an 'archway'. One at a time the remaining players from each team walk down the tunnel of cones and under the 'archway'. Walk to the teacher and sit down. Review skills.</p>		
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