

# LESSON PLAN: PERSONAL CHALLENGES: WEEK 1

**LESSON OBJECTIVES:** To complete a series of physical actions in different ways. To throw and react to catch.

## WARM UP (15 MINS) Do as I say

- Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:  
Jog slowly on the spot  
Make and hold a straight shape while standing on your tip toes  
Make a star shape balancing on one foot  
Make a start shape balancing on the other foot  
Jog around your cone as many times as you can (in both directions)
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK ONE (15 MINS) Keep going

- Teacher now calls out more challenging tasks for the pupils to complete on the spot for up to 30 seconds each time with 30 second rest intervals in between. They are:  
Balance on the right foot  
Balance on the left foot  
Star jumps  
Jump over your cone from side to side  
Jump over your cone from front to back
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK TWO (20 MINS) Off the wall (ensure that there is a water break beforehand)

- Give each pupil a tennis ball and ask them to stand facing a wall from two steps away ensuring that they are at least two away from others. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. They are:  
Throw ball onto wall and catch with both hands  
Throw ball against the wall and catch it with one hand  
Throw ball against the wall and catch with your weaker hand  
Throw ball against the wall and clap your hands before catching it  
Throw ball with one hand and catch it with the other hand (add a clap when ready)

## COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

## EQUIPMENT/RESOURCES

- Cones
- Tennis balls
- Large balls (if required)
- Hurdles (if required)

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## KEYWORDS/PHRASES

- Stillness
- Control
- Pump arms
- Bend knees
- Eyes on ball
- Speed
- Ready position
- Fingers spread
- Hands ready

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

### LESS ABLE

Use weaker leg to balance

Move slower

Jump over higher cones/hurdles  
(Task One)

Use larger balls (Task Two)

Clap their hands before they catch  
(Task Two)

Allow them to catch ball after it bounces or roll it onto the wall (Task Two)

**INCLUSION: TA/Support staff working with specific groups/children.**

# LESSON PLAN: PERSONAL CHALLENGES: WEEK 2

**LESSON OBJECTIVES:** To complete a series of physical actions in different ways. To throw and react to catch in more challenging ways.

## WARM UP (15 MINS) Do as I say

- Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:  
Jog slowly on the spot  
Make and hold a straight shape while standing on your tip toes  
Strides on the spot, changing the front leg  
Arm swings to opposite foot with your legs spread  
Jog at medium or a faster pace on the spot
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK ONE (15 MINS) Keep going

- Teacher now calls out more challenging tasks for the pupils to complete on the spot repeatedly for up to 30 seconds each time with 30 second rest intervals in between. They are:  
Jump over cone from side to side  
Jump over cone to the front and back  
Jump over cone and land facing the opposite way  
Place feet either side of cone, jump up into a tuck shape and land  
Place feet either side of cone, jump up, clip your feet together and land
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK TWO (20 MINS) Off the wall (ensure that there is a water break beforehand)

- Give each pupil a tennis ball and ask them to stand facing a wall from two steps away ensuring that they are at least two away from others. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. Add additional challenges if necessary. They are:  
Throw ball onto wall and catch with both hands  
Throw ball against the wall and catch it with one hand  
Throw ball over your head onto the wall and catch it  
Throw ball against the wall and clap your hands more than once before catching it  
Throw ball with one hand and catch it with the other hand (add claps when ready)

## COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

## EQUIPMENT/RESOURCES

- Cones
- Tennis balls
- Large balls (if required)
- Hurdles (if required)

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## KEYWORDS/PHRASES

- Head up
- Control
- Swing arms
- Bend knees
- Leap
- Ready position
- Eyes on the ball
- Hands ready

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

### LESS ABLE

Sprint on the spot

Move slower

Jump over higher cones/hurdles  
(Task One)

Use larger balls (Task Two)

Clap their hands at least three times before they catch the ball  
(Task Two)

Allow them to catch ball after it bounces or roll it onto the wall  
(Task Two)

**INCLUSION: Working with TA/Support staff monitoring them. Choose one or two simple movements**

# LESSON PLAN: PERSONAL CHALLENGES: WEEK 3

**LESSON OBJECTIVES:** To complete a series of physical actions in different ways. To throw and catch in different ways.

## WARM UP (15 MINS) Do as I say

- Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:  
Jog slowly on the spot  
Make and hold a straight shape while standing on your tip toes  
Flick your feet up to the side and touch your heels  
Arm swings to opposite foot with your legs spread  
Jog at medium or a faster pace on the spot
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK ONE (15 MINS) Keep going

- Teacher now calls out more challenging tasks for the pupils to complete on the spot repeatedly for up to 30 seconds each time with 30 second rest intervals in between. Each child now has three cones in front of them that are one step apart. They are:  
Complete 5 star jumps then hurdle over the three cones  
Complete 5 star jumps then jump over the three cones  
Complete 5 burpees then sidestep in and around the three cones  
Complete 5 burpees then leap over the three cones from one foot to other  
Complete 5 tuck jumps then jump over the three cones
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK TWO (20 MINS) Throw and catch (ensure that there is a water break beforehand)

- Give each pupil a tennis ball and ask them to stand behind their cone. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. Add additional challenges if necessary. They are:
- Throw and catch with both hands
- Throw, clap and catch (can you clap more than once?)
- Throw and catch with one hand
- Throw and catch with weaker hand
- Throw, let the ball bounce and catch it with one/weaker hand

## COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

## EQUIPMENT/RESOURCES

- Cones
- Tennis balls
- Large balls (if required)

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## KEYWORDS/PHRASES

- Head up
- Bend knees
- Stay low
- Swing arms
- Reactions
- Move feet quickly
- Hands ready

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

### LESS ABLE

Sprint on the spot

Move slower between the cones  
*(Task One)*

Move quicker between the cones  
*(Task One)*

Use large balls  
*(Task Two)*

Use weaker hand more frequently  
*(Task Two)*

Catch with both hands *(Task Two)*

**INCLUSION:** With support of TA/Support staff to monitor them. Choose one or two simple movements

# LESSON PLAN: PERSONAL CHALLENGES: WEEK 4

**LESSON OBJECTIVES:** To complete a series of physical actions in different ways. To throw and catch in different ways while completing other actions.

## WARM UP (15 MINS) Do as I say

- Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:  
Jog slowly on the spot  
Make windmills with hands  
Lift leg up and move it back (groin stretch)  
Lift leg up to the side and move it forward (groin stretch)  
Jog at medium or a faster pace on the spot
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK ONE (15 MINS) Keep going

- Teacher now calls out more challenging tasks for the pupils to complete on the spot repeatedly for up to 30 seconds each time with 30 second rest intervals in between. Each child now has two cones two steps either side of them. They are:  
Star jumps sideways from one cone to the other  
Star jumps sideways from one cone to the other  
Move with high knees from one cone to the next  
Side jumps from one cone to the next  
Side hops from one cone to the next
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK TWO (20 MINS) Throw and catch (ensure that there is a water break beforehand)

- Give each pupil a tennis ball and ask them to stand behind their cone. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. Add additional challenges if necessary. They are:
  - Throw, clap and catch with both hands (can you clap more than once?)
  - Throw, clap and catch with one hand (can you clap more than once?)
  - Throw, complete a spin and catch (the ball can bounce)
  - Throw, touch the ground and catch (the ball can bounce)
  - Throw, clap your hands let the ball bounce and catch

## COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

## EQUIPMENT/RESOURCES

- Cones
- Tennis balls
- Large balls (if required)

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## KEYWORDS/PHRASES

- Knees bent
- Change direction
- Quick feet
- Head up
- React
- Hands ready
- Eyes on the ball

## DIFFERENTIATION/HOMEWORK

MORE ABLE	LESS ABLE
Get lower while travelling ( <i>Task One</i> )	Move slower between the cones ( <i>Task One</i> )
Move quicker across the ground ( <i>Task One</i> )	Use large balls ( <i>Task Two</i> )
Use weaker hand more frequently ( <i>Task Two</i> )	Catch with both hands ( <i>Task Two</i> )

**INCLUSION:** With support of TA/Support staff to monitor them. Choose one or two simple movements

# LESSON PLAN: PERSONAL CHALLENGES: WEEK 5

**LESSON OBJECTIVES:** To complete a series of physical actions in different ways. To control, throw and catch a large ball in different ways while completing other actions.

## WARM UP (15 MINS) Do as I say

- Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:  
Jog slowly on the spot pulling an imaginary rope over your head  
Make windmills with hands  
Jog while punching the air in front of you  
Jog while punching the air above your head  
Jog while punching the air either side of you
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK ONE (15 MINS) Keep going

- Teacher now calls out more challenging tasks for the pupils to complete on the spot repeatedly for up to 30 seconds each time with 30 second rest intervals in between. Each pupil has a large ball. They are:  
Hold a push up position with knees on the floor and feet crossed  
Hold a push up position with knees off the ground  
Hold a push up position with knees on the floor and move the ball around one hand using the other hand (more able try it without knees on the floor)  
Hold a sit up position with opposite foot and hand off the floor  
Hold a sit up position with hands and feet off the floor
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK TWO (20 MINS) Throwing and catching (ensure that there is a water break beforehand)

- Each pupil keeps their large ball and ask them to stand behind their cone. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. Add additional challenges if necessary. They are:
- Throw ball with one hand to other hand
- Throw and catch while balancing on one foot
- Throw, clap your hands behind your back and catch (can you clap more than once?)
- Throw, clap behind up back and in front of you then catch
- Throw ball over your head and catch it behind your back

## COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

## EQUIPMENT/RESOURCES

- Cones
- Large balls
- Tennis balls (for more able)

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## KEYWORDS/PHRASES

- Strength
- Balance
- Control
- Ready position
- Reactions
- Eyes on ball
- Fingers spread

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

### LESS ABLE

Hold push up position without knees on the floor (*Task One*)

Keep knees/feet on the ground during (*Task One*)

Use tennis balls (*Task Two*)

Catch ball without clapping hands beforehand (*Task Two*)

Clap more than once before you catch (*Task Two*)

**INCLUSION: Working with TA/Support staff monitoring them. Choose one or two simple movements**

# LESSON PLAN: PERSONAL CHALLENGES: WEEK 6 (BALANCE)

**LESSON OBJECTIVES:** To complete a series of physical actions in different ways. To throw and catch a beanbag in different ways while completing other actions.

## WARM UP (15 MINS) Do as I say

- Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:  
Jog slowly on the spot  
Make windmills with hands  
Swing leg up and touch toes  
Keep feet on the floor and touch toes with opposite hand  
Jump like a frog on the spot
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK ONE (15 MINS) Keep going

- Teacher now calls out more challenging tasks for the pupils to complete on the spot repeatedly for up to 30 seconds each time with 30 second rest intervals in between. Each now have a beanbag and another cone that is placed upside down. They are:  
5 squat thrusts then jump up and land on both feet  
5 squat thrusts then jump forward and backward  
5 squat thrusts then throw beanbag into cone then run to pick it up and back  
5 squat thrusts then throw beanbag into cone with weaker hand, run and pick it up and run back  
5 squat thrusts on one foot then through beanbag, run to get it and run back
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK TWO (20 MINS) Throwing and catching (ensure that there is a water break beforehand)

- Each pupil keeps their beanbag and ask them to stand behind their cone. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. Add additional challenges if necessary. They are:  
Throw the beanbag with one hand and catch it with the other hand (can you clap in between?)  
Throw the beanbag from behind your back and catch it in front of you  
Lift leg, throw beanbag from under leg then catch it  
Lift leg, throw and catch beanbag from under leg then catch it with one hand  
Throw beanbag then touch the ground with both hands (one after the other) then catch it

## EVALUATION (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

## EQUIPMENT/RESOURCES

- Cones
- Bean bags

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## KEYWORDS/PHRASES

- Balance
- Head up
- Bend knees
- Arms straight
- Ready position
- Eyes on the ball
- Fingers spread

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

### LESS ABLE

Squat with weaker leg ( <i>Task One</i> )	Two footed/less squats ( <i>Task One</i> )
Catch with weaker hand ( <i>Task Two</i> )	Catch with both hands ( <i>Task Two</i> )
Clap before you catch ( <i>Task Two</i> )	

**INCLUSION:** With support of TA/Support staff to monitor them. Choose one or two simple movements

# LESSON PLAN: PERSONAL CHALLENGES: WEEK 7

**LESSON OBJECTIVES:** To complete a series of physical actions in different ways. To control a large ball and catch a tube-shaped item in different ways.

## WARM UP (15 MINS) Do as I say

- Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:  
Jog slowly on the spot  
Spread legs and swing arms to opposite feet  
Make a tall straight shape while standing on your toes  
Make star shape and balance on one foot  
Star jumps on the spot
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK ONE (15 MINS) Keep going

- Teacher now calls out more challenging tasks for the pupils to complete on the spot repeatedly for up to 30 seconds each time with 30 second rest intervals in between. Each pupil has a large ball. They are:  
Move the ball around your body as quickly as you can  
Move the ball around both of your legs with them stuck together  
Spread your legs and move ball around one leg  
Spread your legs and move ball in and of them (figure of 8)  
Sit on your bottom with at least one foot off the floor and move it around your body keeping the ball off the floor (more able keep both feet off the floor)  
Now stand with your back facing the wall with your ball lodged between your back and the wall and try and move up and down without the ball dropping
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK TWO (20 MINS) Tube catching (ensure that there is a water break beforehand)

- Each pupil creates a paper tube with A4 size paper and glue/tape. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. Add additional challenges if necessary. They are:  
Tap bottom of tube upwards and catch it  
Tap bottom of tube upwards and catch it with one hand  
Tap bottom of tube upwards and catch it once it passes your knees  
Tap bottom of tube upwards and catch it once it passes your knees with your weaker hand  
Tap bottom of tube upwards and touch the floor before you catch it

## COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

## EQUIPMENT/RESOURCES

- Large balls
- Cones
- Paper tubes (pupils create in classroom)

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## KEYWORDS/PHRASES

- Speed
- Head up
- Strength
- Ready position
- Fingers spread
- Control
- Hand/eye coordination

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

### LESS ABLE

Keep both feet off the ground (*Task One*)

Keep one foot on the floor (*Task One*)

Touch the floor twice before catching the tube (*Task Two*)

Catch with both hands (*Task Two*)

**INCLUSION: Working with TA/Support staff monitoring them. Choose one or two simple movements**

# LESSON PLAN: PERSONAL CHALLENGES: WEEK 8

**LESSON OBJECTIVES:** To complete a series of physical actions in different ways. To control and handle large ball in different ways.

## WARM UP (15 MINS) Do as I say

- Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:  
Jog slowly on the spot  
Jog with high knees  
Stretch one leg to side and push hands onto knees & then stretch other leg  
Cross your feet and toes your toes  
Kick towards opposite hand
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK ONE (15 MINS) Keep going

- Teacher now calls out more challenging tasks for the pupils to complete on the spot repeatedly for up to 30 seconds each time with 30 second rest intervals in between. Each child now has four cones placed two steps in front of each other in a straight They are:  
Side steps between the cones  
Hop over the cones  
Move backwards in and around of the cones  
Travel on hands and feet in and around the cones  
Travel on hands and feet sideways with hands going between and over the cones
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK TWO (20 MINS) Ball handling (ensure that there is a water break beforehand)

- Each pupil now has a large ball and ask them to stand behind their cone. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. Add additional challenges if necessary. They are:  
Move ball around your body in both directions  
Toss and with one hand over your head and catch with other hand  
Bounce the ball around your body using both hands  
Step forward leaving a gap and bounce ball between your legs  
Stand with legs spread either side and catch the ball between your legs

## COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

## EQUIPMENT/RESOURCES

- Cones
- Bibs
- Large balls
- Small balls

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## KEYWORDS/PHRASES

- Head straight
- Bend knees
- Get low
- Strength
- Hands ready
- Control
- Fingertips

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

### LESS ABLE

Travel quickly between cones (*Task One*)

Travel on both feet (*Task One*)

Catch ball between your legs without it bouncing (*Task Two*)

Catch the ball in front of you (*Task Two*)

**INCLUSION:** With support of TA/Support staff to monitor them. Choose one or two simple movements



# LESSON PLAN: PERSONAL CHALLENGES: WEEK 9

**LESSON OBJECTIVES:** To complete a series of physical actions in different ways. To control a tennis ball using a tennis racket.

## WARM UP (15 MINS) Do as I say

- Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:  
Jog slowly on the spot  
Jog with high knees  
Two steps to your left then two to your right  
Touch the floor then touch the sky  
Walk on hands and feet around the cones
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK ONE (15 MINS) Keep going

- Teacher now calls out more challenging tasks for the pupils to complete on the spot for up to 30 seconds each time with 30 second rest intervals in between. Each pupil has a tennis racket placed on the floor. They are:  
Jump from side to side over racket  
Jump forwards and backwards over racket  
Jump around racket  
Hop over racket  
Sidestep around racket as many times as you can
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK TWO (20 MINS) Ball handling using racket (ensure that there is a water break beforehand)

- Each pupil now holds their racket and has a tennis ball. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. Add additional challenges if necessary. They are:  
Balance the ball on the racket (try and move the racket up and down)  
Drop the ball with hand and catch it on the racket  
Drop the ball and catch it with racket  
Hit the ball onto the ground repeatedly  
Find a clear space away from others and hit the ball against the wall (rally)

## COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

## EQUIPMENT/RESOURCES

- Tennis balls
- Cones
- Tennis rackets
- Larger balls (for less able)

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## KEYWORDS/PHRASES

- Head up
- Energy
- Balance
- Control
- Coordination
- Contact with middle of racket
- Eyes on ball
- Soft contact

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

Jump quickly over the racket  
**(Task One)**

Hit the ball repeatedly against the wall  
**(Task Two)**

### LESS ABLE

Jump slowly over the racket **(Task One)**

Catch the ball after hitting it against the wall **(Task Two)**

Use larger ball **(Task Two)**

**INCLUSION: With support of TA/Support staff to monitor them. Choose one or two simple movements**

# LESSON PLAN: PERSONAL CHALLENGES: WEEK 10

**LESSON OBJECTIVES:** To complete a series of physical actions in different ways. To control a tennis ball using a tennis racket.

## WARM UP (15 MINS) Do as I say

- Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:  
Jog slowly on the spot  
Lift leg up and touch toe with same side hand  
Lift leg up and touch toe with opposite hand  
Hold a straight shape and stand on your tip toes  
Make a large star shape and stand on your tip toes
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK ONE (15 MINS) Keep going

- Teacher now calls out more challenging tasks for the pupils to complete on the spot for up to 30 seconds each time with 30 second rest intervals in between. Each pupil has a tennis racket placed on the floor. They are:  
Jump from side to side over racket  
Jump forwards and backwards over racket  
Jump above racket, clip your feet together and land  
Hopscotch around the racket  
Run around racket as many times as you can (can you run backwards?)
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK TWO (20 MINS) Ball handling using racket (ensure that there is a water break beforehand)

- Each pupil now holds their racket and has a tennis ball. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. Add additional challenges if necessary. They are:  
Balance the ball on the racket  
Hit the ball onto floor  
Hit floor onto floor with both sides of the racket  
Hit the ball up after every bounce  
Hit the ball twice after every bounce  
Hit the ball three times after every bounce (attempt more hits when ready)

## COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

## EQUIPMENT/RESOURCES

- Cones
- Tennis rackets
- Tennis balls
- Larger balls (for less able)

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## KEYWORDS/PHRASES

- Control
- Head up
- Energy
- Control
- Coordination
- Contact with middle of racket
- Eyes on ball
- Soft contact

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

### LESS ABLE

Move quickly over and around the racket (*Task One*)

Jump slowly over the racket (*Task One*)

Hit the ball repeatedly after it bounces (*Task Two*)

Catch the ball after it bounces (*Task Two*)  
Use larger ball

**INCLUSION:** With support of TA/Support staff to monitor them.  
Choose one or two simple movements

# LESSON PLAN: PERSONAL CHALLENGES: WEEK 11

**LESSON OBJECTIVES:** To complete a series of physical actions in different ways. To control a football using your feet.

## WARM UP (15 MINS) Do as I say

- Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:  
Jog slowly on the spot  
Two steps to left and two to the right  
Circles with legs together and bent knees  
Jog faster on the spot  
Slow squats
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK ONE (15 MINS) Keep going

- Teacher now calls out more challenging tasks for the pupils to complete on the spot repeatedly for up to 30 seconds each time with 30 second rest intervals in between. Each pupil has a large ball. They are:  
Move the ball around your body as quickly as you can  
Throw ball from one hand to the other  
Move the ball around both of your legs with them stuck together  
Spread your legs and move ball around one leg  
Spread your legs and move ball in and of them (figure of 8)  
Sit on bottom and try and move the ball around your body with feet off the floor
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK TWO (20 MINS) Ball control using feet (ensure that there is a water break beforehand)

- Each pupil keeps their large ball and ask them to stand behind their cone. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. Add additional challenges if necessary. They are:  
Roll the ball from one foot to the next  
Toe taps with bottom of feet touching the top of the ball  
Toe taps with the inside of your feet touch the outside of the ball  
Stepovers without touching the ball  
Roll with the sole of one foot and stop the ball with the other foot  
Have you got other skills that you could try?

## COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

## EQUIPMENT/RESOURCES

- Footballs
- Softballs
- Cones
- Tennis balls (for more able)

For more activities please visit our **You Tube** page & subscribe to

<https://www.youtube.com/channel/UCd-5-laythpuLFx2MAQNLA/videos>

## KEYWORDS/PHRASES

- Head over ball
- Control
- Fingers spread
- Soft touches
- Control
- Eyes on ball

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

### LESS ABLE

Use smaller balls (*Task One/two*)

Use larger balls (*Task One*)

Use weaker foot (*Task Two*)

Use strong foot (*Task Two*)

Use various parts of feet (*Task Two*)

**INCLUSION:** With support of TA/Support staff to monitor them.  
Choose one or two simple movements

# LESSON PLAN: PERSONAL CHALLENGES: WEEK 12

**LESSON OBJECTIVES:** To complete a series of physical actions in different ways. To control a football using your feet while evading objects.

## WARM UP (15 MINS) Do as I say

- Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:  
Jog slowly on the spot  
Two steps to left and two to the right  
Circles with arms going to the ground and past your head  
Groin stretches, lift leg up move it to the side  
Groin stretches, lift leg up and bring it towards you
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK ONE (15 MINS) Keep going

- Teacher now calls out more challenging tasks for the pupils to complete on the spot repeatedly for up to 30 seconds each time with 30 second rest intervals in between. Each pupil has a large ball. They are:  
Move the ball around your body as quickly as you can  
Move the ball around both of your legs with them stuck together  
Sit with knees bent and move the ball around your body in both directions  
Sit with knees bent with one foot off the floor, move the ball around your body  
Sit with knees bent and feet off the floor, move the ball around your body
- Pupils have a 1-minute rest period before completing all the above challenges again.

## TASK TWO (20 MINS) Ball control using feet (ensure that there is a water break beforehand)

- Each pupil keeps their large ball and now has several cones scattered in front of them. Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency. Add additional challenges if necessary. They are:  
Dribble the ball through/between the cones while walking  
Dribble the ball through/between the cones using both feet  
Dribble the ball through/between the cones using only your weaker foot  
Dribble the ball through/between the cones while jogging  
Try and dribble between the maze without touch any cones (play nine lives)  
Repeat nine lives game and see if you can beat your score (you lose a life every time your ball touches a cone).

## COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

## EQUIPMENT/RESOURCES

- Footballs
- Cones
- Softballs
- Tennis balls (for more able)

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## KEYWORDS/PHRASES

- Head Up
- Soft touches
- Evade
- Eyes one ball
- Close control
- Use inside and outside of feet

## DIFFERENTIATION/HOMEWORK

### MORE ABLE

### LESS ABLE

Use weaker foot (*Task Two*)

Use larger balls (*Task One*)

Use various parts of feet (*Task Two*)

Use strong foot (*Task Two*)

Use tennis balls (*Task Two*)

**INCLUSION: With support of TA/Support staff to monitor them.  
Choose one or two simple movements**