36 complete lessons









for the whole year.

Lesson 1: Sprinting & agility
Lesson 2: Jumping, landing & balancing
Lesson 3: Underarm throwing & catching
Lesson 4: Overarm throwing & targets
Lesson 5: Dribbling
Lesson 6: Passing, control & movement
Lesson 7: Dribbling & ball handling
Lesson 8: Ball handling
Lesson 9: Racket & ball control
Lesson 10: Forehand striking
Lesson 11: Evading & change of direction
Lesson 12: Balance & body control
Lesson 13: Co-ordination & catching
Lesson 14: Throwing & tracking
Lesson 15: Whole body fitness 1
Lesson 16: Attacking & defending
Lesson 17: Shooting & long striking
Lesson 18: Layups
Lesson 19: Shooting
Lesson 20: Hockey dribbling
Lesson 21: Hockey passing & control
Lesson 22: Footwork & co-ordination
Lesson 23: Whole body movement
Lesson 24: Throwing, aiming, dodging
Lesson 25: Ultimate frisbee
Lesson 26: Whole body fitness 2
Lesson 27: Soccer gameplay 1
Lesson 28: Soccer gameplay 2
Lesson 29: Basketball gameplay 1
Lesson 30: Basketball gameplay 2
Lesson 31: T-ball practice
Lesson 32: T-ball gameplay
Lesson 33: Diamond strike
Lesson 34: Ninja warrior challenge
Lesson 35: Loaded bases
Lesson 36: Olympics

Lesson 9: Racket & ball control

Equipment

• *rackets & balls* • *markers*
• *bucket* • *hurdles*

Warm up game (5 mins): *Here, there, everywhere!*

- Quickly move to different places in the playing area, when the teacher calls:

"***Here***" – Sit in front of the teacher
"***There***" – Run to the corner the teacher points to
"***Where***" – Quickly sit down wherever you are
"***Everywhere***"– Run all around as fast as possible
"***Nowhere***" – Hop on the spot

Teaching cues

• swing from low to high
• contact ball out in front & to side of body

Main skills (30+ mins): *Stations*

- 4 stations to spend 7-10 minutes at in pairs), then rotate around:

1. *Fling & catch on racket*
2. *Mini tennis rally (over hurdles)*
3. *Wall ball rally*
4. *Hit into the bucket*

End relays (15 mins): *Stations*

- Teams of 4-5, bounce the ball around the cone and back

animation video preview not available here, see product video

Lesson 24: Throwing, aiming, dodging

Equipment

• *rubber balls* • *markers*

Warm up (10 mins): *North South East West*

- Move around the area, then run to the side the teacher calls (N/S/E/W)…
- Practice rounds, then elimination of last person there

Main game (25 mins): *Continuous home runs*

- Large area marked out, ball in middle
- Dodgers run around the outside, throwers from middle
- If hit, become a thrower

Teaching cues

• point to target
• step forward & swing
• throw over head

End game (15+ mins): *Ball reaction*

- In pairs with a ball
- Lined up both sides of the ball, one side is #1, the other #2
- Teacher calls instructions, e.g touch head, shoulders, knees, turn around…
- If your number gets called, grab the ball to throw at your partner (who runs away)

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Lesson 11: Evading & change of direction

Equipment

• *cones* • *large rubber/dodgeballs*

Warm up (10 mins): *Circle runs*

- Move around a large circle
- Teacher calls “CHANGE” for everyone to change direction around
- Change method of movement - e.g skipping, sideways, backwards

Main drill (20 mins): *Zig-zag chase down*

- Setup 2 long zig-zag lines with markers (2 groups), everyone lined up
- 1st player at 1st cone is the **runner** (holding a football)
- Next player in line (**chaser**), 2m behind at cone
- On whistle, runner weaves in & out to end before getting tagged

End game (20+ mins): *Poison ball*

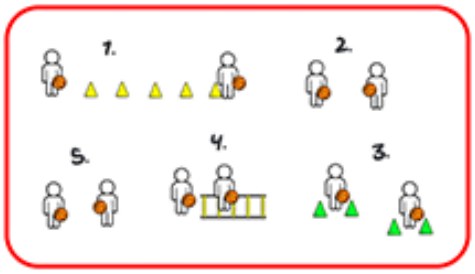
- In teams of 5: One team starts in the middle
- Rest of class use the large rubber balls to hit those in the middle
- If hit, sit out - Team that survives the longest in the middle wins

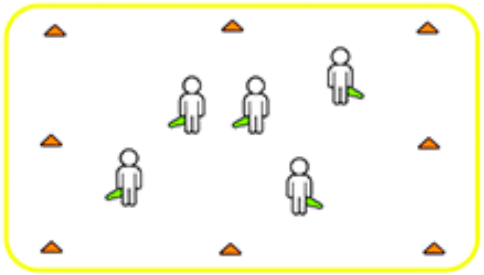
Teaching cues

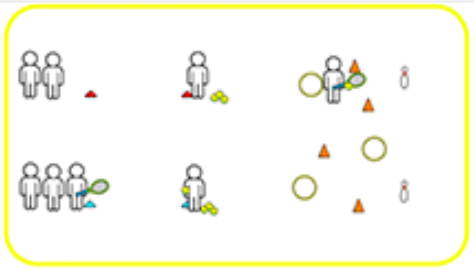
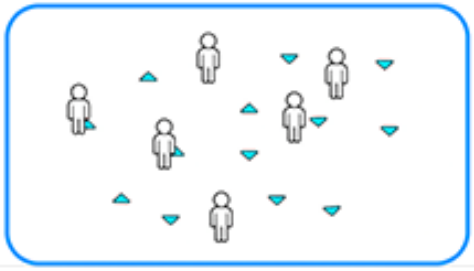
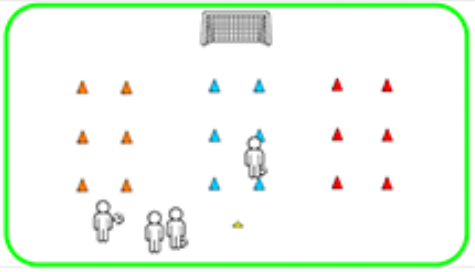
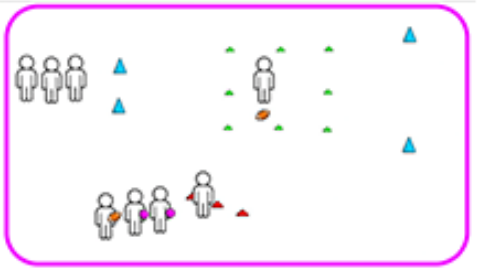
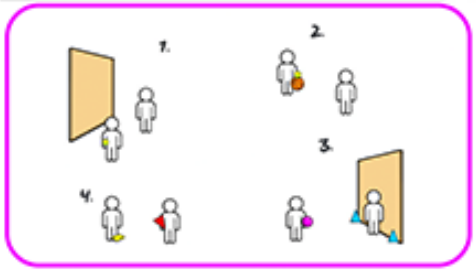
• stay low, quick steps
• plant then push off outside foot
• bend knees

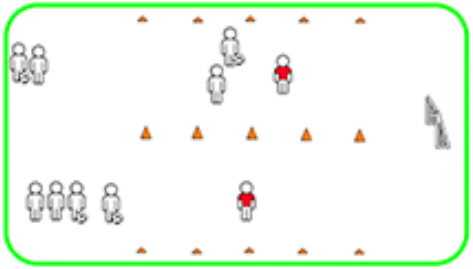
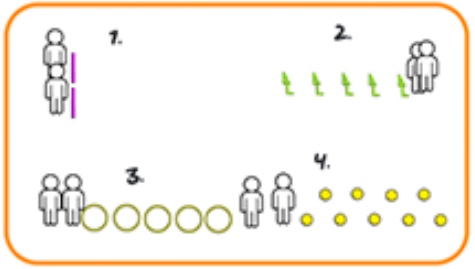
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Animated videos + explanations







for each activity.

SHAPE P.E standards aligned

1. Develop a variety of motor skills

Students practice fundamental movement skills, including striking, moving, bouncing, throwing & catching, kicking, with appropriate coordination and control.

2. Movement & fitness knowledge

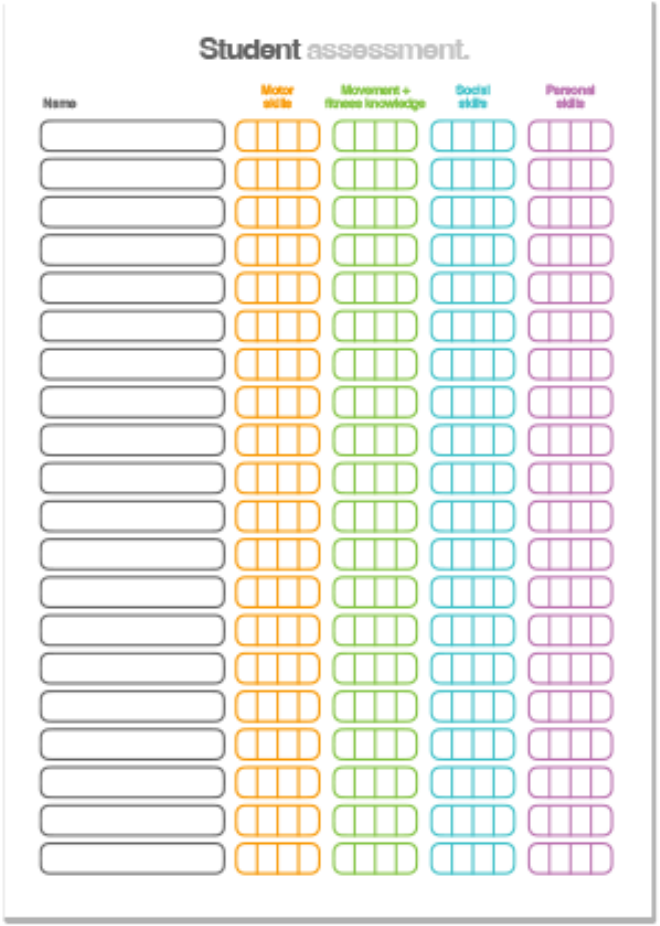
Students learn movement concepts such as space, direction, speed and pathways, along with basic fitness knowledge, movement strategies and safety.

3. Develop social skills through movement

Students cooperate, communicate, follow rules, share equipment, take turns and demonstrate respect and sportsmanship.

4. Personal skills & physical activity

Students grow in responsibility, persistence and self-management, as well as their understanding of the benefits of physical activity and willingness to participate.



for assessments.

Curriculum structure.

Term by term, the aim is for students to progressively build on the fundamentals with pair work and small groups, through to team co-operation and gamplay.

As each school and class varies, you can easily adapt the lessons. Lessons are based on approximately 60min sessions, however you can simply shorten the amount of time for each activity, or just skip a task to make it 30mins.

Don't feel rushed to make it through everything, so repeat a lesson or two if needed - most important is that they get the time to learn, comprehend, and practice the skills. Most of the lessons follow a simple teaching structure:

Warm up
Quick 4-5min games or tasks to get engaged & moving

▶

Main skill
Isolated skill & technique individually/small groups, focussed skills & drills

▶

End game
Fun implementation, introduce competition & use of skills in gameplay



Every lesson planned & ready to play.

Teach game-changing sport without the stress of planning & prepping

What you'll get:

- **A complete 36 lesson physical education curriculum to work through the year, written specifically for Grade 2-3 students**
- **Clear video explanations for each lesson so you know exactly what to do**
- **Structured plans with unique warm up exercises, main skills & engaging end games**
- **Powerpoint slides, ideal to teach straight from the iPad (+ printable lesson overview files)**
- **Lessons aligned to the SHAPE America PE standards, with assessment sheets**

Basic equipment needed.

To run the lessons, you'll need the basic PE equipment found in most store rooms: *hoops, markers, tall cones, soccer balls, basketballs, tennis balls (+rackets), hockey sticks, goals, baseball bats (+tee stands), soft/dodgeballs, + some misc items like skipping rope, mats & frisbees.*

