

36 complete lessons

Lesson 1: Racket & ball control

Equipment
• Rackets & balls + markers

Warm up (5 mins): Hiss, then 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

Teaching note
• Use cones to mark out the playing area

Lesson 10: Underarm/forward striding

Equipment
• Rackets & balls + hoops + targets

Warm up (5-7 mins): Slippy snakes
• Move around the area, lots of cones around
• Teacher calls a colour - quickly run to stand by that coloured cone
• No more than 3 per cone

Teaching note
• Use cones to mark out the playing area

Lesson 20: Hockey dribbling

Equipment
• Hockey sticks + small balls + cones

Warm up (5 mins): Back to base
• Run to the coloured corner called without getting tagged
• Different methods of movement, e.g. skip to blue, hop to green...

Main skill (20 mins): Stations

Teaching note
• Use cones to mark out the playing area

Lesson 21: Hockey passing & control

Equipment
• Hockey sticks + small balls + cones

Warm up (5-7 mins): Knees up
• Survive getting tagged by others as long as possible - behind the knee only
• If tagged, sit down - see who gets to the end

Pairs skill (20 mins): Pass & control

Teaching note
• Use cones to mark out the playing area

Lesson 31: T-ball practice

Equipment
• T-ball sticks + balls + bats + cones

Warm up (5 mins): Base running
• 4 cones as bases, jog/hop around outside in 1 direction
• On "CHANGE", everyone changes direction
• On "SAFE", run to the closest base
• On "HOME", everyone runs around the outside, back to home

Teaching note
• Use cones to mark out the playing area

Lesson 32: T-ball gameplay

Equipment
• T-ball sticks + larger balls + bats + cones

Warm up (5 mins): Base numbers
• 4 cones as bases
• Everyone moves around in the middle, teacher calls out a base (1st/2nd/3rd/home)
• Quickly run to that base

Teaching note
• Use cones to mark out the playing area

Lesson 34: Reverse soccer

Equipment
• Goals + larger rubber ball

Warm up (5 mins): Crazy bears
• Move around area, teacher calls:
• "Sleep" - Reach up high with both hands, stand on your tiptoes, tall and thin like a string
• "Run" - Run on the spot as fast as you can with high knees for 10 seconds
• "Jelly" - Slip around showing out your legs and arms like your body is jelly
• "Stretch" - Touch the ground and jump up as high as you can, 3 times

Teaching note
• Use cones to mark out the playing area

Lesson 22: Quick footwork & co-ordination

Equipment
• Hoops + markers

Warm up (5-7 mins): Follow the leader
• Each small group (3-4) has a leader to follow and copy around
• Use different movements - skipping, hopping, galloping, side stepping, walking...

Main skill (10 mins): Quick steps
• 2 long lines of hoops, one person at a time through to the end

Teaching note
• Use cones to mark out the playing area

Lesson 23: Whole body movement

Equipment
• Benches + mats + noodles + ball + markers

Warm up (5 mins): Toler up
• 2-3 tiggers, if tagged turn into a toad
• To be his, someone else has to "tuck" the toad (your hand)

Main skill (25 mins): Circuit course
• Move through the different circuit tasks as a class (test after 10 mins):
1. Crab walk
2. Step across bench, put ball through legs
3. Crawl under mat
4. Bear walk
5. Jump over noodles/hurdles
6. Log roll along mats
7. Front support across bench
8. Frog jump spot to spot

Stretching (5 mins):
• Oblique reaches
• Reaching behind & in front

Teaching note
• Use cones to mark out the playing area

Lesson 1: Quick speed & movement

Equipment
• 25m markers

Warm up (15-20 mins): Zig zag ball relay
• In teams, move the ball up a zig-zag line of cones, 1 cone at a time and back

Main skill (20 mins): Kingpin & crocodile
• 1. In an oval, a hollow line, turn in a row
• 2. In an oval, a hollow line, turn in a row

Teaching note
• Use cones to mark out the playing area

Lesson 2: Jumping, landing & balancing

Equipment
• Cones + foam noodles

Warm up (5 mins): Sky bananas
• Everyone runs around to avoid getting tagged by the "bananas" (2 tiggers)
• If tagged, you turn into a banana - someone else must free you by "feeding" you

Main skill (20-40 mins): Stations

Teaching note
• Use cones to mark out the playing area

Lesson 11: Dodging & change of direction

Equipment
• Cones + foam noodles

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

Teaching note
• Use cones to mark out the playing area

Lesson 12: Balance

Equipment
• Cones + hoops + rope + sport markers + foam noodles

Warm up (5-8 mins): Jungle run relay
• Move to end and back in different ways:
• "Chowch" - hopping
• "Frog hop" - 2 footed jumps
• "Crab crawl" - sideways
• "Bee crawl" - backwards

Teaching note
• Use cones to mark out the playing area

Lesson 35: The gauntlet

Equipment
• T-ball sticks + balls + markers + hoops + cones

Whole class game (20 mins): The gauntlet
• Aim to collect as many objects/points for the team
• Setup:
• 1 wide line with different objects spread out all around (hoops, cones etc...)
• Class split into 4 teams

Teaching note
• Use cones to mark out the playing area

Lesson 36: Olympics

Equipment
• Cones + hoops + the markers + bean bags

Whole class (Stations) (15 min each):
• Class in 4 teams, competing against each other
• 1 player from each team at a time (1 line)
• Spraying
• 20m distance, with markers for start & end
• Discus
• Use hoops to throw out as far as

Teaching note
• Use cones to mark out the playing area

Lesson 19: Shooting high

Equipment
• Rackets/balls + hoops + markers

Warm up (5-7 mins): Chain up
• Avoid getting tagged by the chain tiggers
• Build up of tiggers from a chain, at 4 tiggers split into 2 new chains

Main skill (25 mins): Shooting 2 hands

Teaching note
• Use cones to mark out the playing area

Lesson 25: Basketball gameplay 1

Equipment
• Basketball + basketball + markers

Warm up (15 mins): Ball relay
• In teams of 4-5, complete the relay variations
• Dribble in & out of cones then shoot at the end/basket hoop
• 1. Right hand dribbles only
• 2. Left hand dribbles only

Teaching note
• Use cones to mark out the playing area

Lesson 30: Basketball gameplay 2

Equipment
• Basketball + basketball + markers

Warm up (25 mins): Ball stations
• Ball each, rotate around the stations (3-4 mins per station):
1. Bounce, step over, catch
2. Dribble around the circle
3. Bounce low & high
4. Bounce into buckets
5. Bounce & avoid the cones

Modified game (25 mins): 3 teams
• Split class into 3 teams
• 1 team rest, 2 teams play
• Short 3-4 min games

Teaching note
• Use cones to mark out the playing area

Lesson 7: Dribbling & ball handling

Equipment
• Basketball each

Warm up (10 mins): Ball run
• Get to the other end without getting tagged - if tagged, you become a bigger too
• Variation: change of movement, e.g. hopping, skipping

Main skill (25 mins): Stationary dribbling skills
• Work individually in your own space, practice progressions (3-7 mins each)

Teaching note
• Use cones to mark out the playing area

Lesson 8: Dribbling with movement

Equipment
• Basketball + markers

Warm up (5-8 mins): Traffic lights
• Get from one end to the other as quickly as possible
• Teacher calls out - GREEN = move forward, RED = stop
• Use fingertips

Main skill (20 mins): Traffic cones with a ball

Teaching note
• Use cones to mark out the playing area

Lesson 18: Passing variations

Equipment
• Basketball + cones + markers

Warm up (5-7 mins): Ball up
• Head other people's balls/feet/balls
• 1 point for every ball taken

Main skill (20 mins): Passing variations

Teaching note
• Use cones to mark out the playing area

Lesson 13: Co-ordination & catching

Equipment
• Catching balls + cones

Warm up (5-7 mins): Island hopping
• The floor is water!
• Ledge - freeze on one foot
• Boat - sit down & rows
• River - jump over a wobbly
• Surf - up - pretend to surf

Main skill (20 mins): Island hopping

Teaching note
• Use cones to mark out the playing area

Lesson 14: Hoop co-ordination

Equipment
• Cones + hoops

Warm up (10 mins): Hoop relay
• Avoid getting tagged by the hoops - Hoop tiggers kick the hoops on the ground
• If tagged, run and touch all 4 boundary markers

Main skill (20 mins): Hoop control (5-7 mins each)

Teaching note
• Use cones to mark out the playing area

Lesson 24: Throwing different equipment

Equipment
• Markers + different shaped throwable objects (bean bags, small balls, discs...)

Warm up (10 mins): Copy & colour
• Avoid getting caught and going to jail
• If caught, must do a freeze challenge to get out
• e.g. 10 air jumps, 10 lunges, balance on 1 leg for 10 secs

Main skill (25 mins): Copy throwing

Teaching note
• Use cones to mark out the playing area

Lesson 33: Flying saucers

Equipment
• Subsector throwers + markers + ball targets

Warm up (10 mins): BALL!
• In pairs, with a ball on the floor in between
• Teachers call out instructions (e.g. hands on head, turn around, sit down...)
• On BALL, the 1st player to grab the ball wins
• Play multiple rounds, and switch partners...

Teaching note
• Use cones to mark out the playing area

Lesson 6: Overarm throwing & targets

Equipment
• Throwing balls + cones + targets (hoops, pins, buckets...)

Warm up (5-7 mins): Stations & 6 or 6 more
• Markers spread outside, 10 upside down
• 2 teams, one team turns them upright, the other upside down

Main skill (20 mins): Overarm throwing & catching

Teaching note
• Use cones to mark out the playing area

Lesson 26: Catching

Equipment
• Markers + balls (small/light)

Warm up (5 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 skill (25 mins): Captain ball
• In groups of 4, one "captain" stands in front of the others in the group at the cone
• The "captain" in front passes the ball to each member of the group, then switches
• Progress to different types of throw, e.g. chest pass, bounce pass
• 3. Start with practices, then compete - get the most group passes/catches

End game (20 mins): Moving & catching
• Teacher has all the balls and throws them out
• can be thrown high, rolled, with a bounce, left/right...
• 2. Players start at a cone - one at a time move to catch the ball and return it

Teaching note
• Use cones to mark out the playing area

Lesson 3: Underarm throwing & catching

Equipment
• Throwing balls + cones

Warm up (5-7 mins): Sun or tag
• Everyone is a tigger (individually) working to tag everyone else, sit down if tagged
• Black paper cones if 2 players tag at the same time

Main skill (20 mins): Underarm throwing & catching

Teaching note
• Use cones to mark out the playing area

Lesson 16: Whole body fitness 1

Equipment
• Hoops + mat + bench + basketball + cones

Warm up (5 mins): Simple movements
• Ankle, knee, hip circles
• Arm circles
• Cat/cow
• Gorilla walking

Teaching note
• Use cones to mark out the playing area

Lesson 26: Whole body fitness 2

Equipment
• Hoops + mat + bench + basketball + cones

Warm up (5 mins): Simple movements
• Arm scissors
• Knee hugging
• Wide toe touches
• Monkey skipping

Teaching note
• Use cones to mark out the playing area

Lesson 5: Individual dribbling

Equipment
• Soccer balls + markers

Warm up (5 mins): Group numbers
• Get into the correct group number after a number is called
• Do a freeze challenge if you don't get the right number

Main skill (25 mins): Simple dribble

Teaching note
• Use cones to mark out the playing area

Lesson 8: Inside foot passing

Equipment
• Soccer balls + markers

Warm up (5 mins): Shadow tag
• In pairs, 1 is the "shadow", the other is the "shadow"
• Shadow follows the escapee until the shadow is down and freeze - if you can touch the escapee you win - then switch roles

Main skill (25 mins): Simple dribble

Teaching note
• Use cones to mark out the playing area

Lesson 16: Ball control

Equipment
• Soccer balls + markers + hoops

Warm up (5-10 mins): Colour cones
• Move around, then quickly run to the correct coloured corner when called
• After a few rounds, dribble with a soccer ball each instead

Main skill (15 mins): Ball control

Teaching note
• Use cones to mark out the playing area

Lesson 17: Shooting & big kicks

Equipment
• Soccer balls + markers + goal

Warm up (5 mins): Shunk & minnow
• Simple tag game, 2-3 tiggers
• If tagged, do 3 star jumps

Main skill (20 mins): Big kicks

Teaching note
• Use cones to mark out the playing area

Lesson 27: Soccer gameplay 1

Equipment
• Soccer balls + markers + vests + goals

Warm up (15 mins): Ball relay
• In teams of 4-5, complete the relay variations
• Dribble in & out of cones then shoot at the end/goal
• 1. Right foot dribbles only
• 2. Left foot dribbles only

Teaching note
• Use cones to mark out the playing area

Lesson 28: Soccer gameplay 2

Equipment
• Soccer balls + markers + vests + goals

Warm up (25 mins): Ball stations
• Ball each, rotate around the stations (3-4 mins per station):
1. Drop kick catch
2. Dribble around the circle
3. Kneel ups
4. Free kicks into goal
5. Kick to hand ball in hoop

Modified game (25 mins): 3 teams
• Split class into 3 teams
• 1 team rest, 2 teams play
• Short 3-4 min games

Teaching note
• Use cones to mark out the playing area

for the whole year.

Lesson 1: Quick speed & movement

Lesson 2: Jumping, landing & balancing

Lesson 3: Underarm throwing & catching

Lesson 4: Overarm throwing & targets

Lesson 5: Individual dribbling

Lesson 6: Inside foot passing

Lesson 7: Dribbling & ball handling

Lesson 8: Dribbling with movement

Lesson 9: Racket & ball control

Lesson 10: Underarm/forehand striking

Lesson 11: Dodging & change of direction

Lesson 12: Balance

Lesson 13: Co-ordination & catching

Lesson 14: Hoop co-ordination

Lesson 15: Whole body fitness 1

Lesson 16: Ball control

Lesson 17: Shooting & big kicks

Lesson 18: Passing variations

Lesson 19: Shooting high

Lesson 20: Hockey dribbling

Lesson 21: Hockey passing & control

Lesson 22: Quick footwork & co-ordination

Lesson 23: Whole body movement

Lesson 24: Throwing different equipment

Lesson 25: Catching

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: Flying saucers

Lesson 35: The gauntlet

Lesson 34: Reverse soccer

Lesson 36: Olympics

Lesson 2: Jumping, landing & balancing

Warm up (5 mins): *Silly bananas*

- Everyone runs around to **avoid getting tipped** by the 'monkeys' (2 tippers)
- If tipped, you **turn into a banana** - someone else must free you by '**peeling**' you

Main skills (30-40 mins): *Stations*

- 4 stations to spend 6-8 minutes at, then rotate around:
- 1. Zig-zag hoops (2 footed jumps)
- 2. Hop from marker to marker
- 3. 2 footed jumps with bean bag between legs
- 4. Run up & jump past the line

Equipment

- 4 hoops
- 4 spot markers
- 1 bean bag
- 2 markers

Stretching (5-10 mins)

1. Side lunge holds
2. Arms across chest

**animation video preview not available here, see product video*

Lesson 13: Co-ordination & catching

Equipment

• catching balls • cones

Warm up game (5-7 mins): *Island hopping*

- The floor is water:

- **Iceberg** - freeze on one foot
- **Boat** - sit down & rows
- **Wave** - jump over a wave
- **Swim** - swimming arms while jogging
- **Shark** - run to a safe space (circle of cones)
- **Surfs up** - pretend to surf

Individual skills (20 mins): *Ball co-ordination*

- With a ball each, practice the challenges (4-5min each):

- Drop, bounce, catch
- Throw up, jump, catch
- Throw up, clap, catch
- Bounce, catch with 1 hand

Teaching cues

- move body & hands/ cone behind ball
- eyes on the ball
- bring ball into body

End game (25+ mins): *Mouse traps*

- In pairs, work to complete the challenges (7-10 mins each):

- **Roll** the ball, partner **traps** with the cone
- **Bounce** the ball, partner catches in the cone
- **Underarm throw** the ball, partner catches in the cone

**animation video preview not available here, see product video*

Lesson 16: Ball control

Equipment

• soccer balls • markers • hoops

Warm up game (7-10 mins): *Colour corners*

- Move around, then quickly run to the correct coloured corner when called
- After a few rounds, dribble with a soccer ball each instead

Main skill (15 mins): *Skill circle*

- In a large circle, everyone works on their own to practice the skills (3-4 mins each):
 - Toe taps
 - Bounce kick catch
 - Drag back
 - Step-overs
 - Drop kick catch

Teaching cues

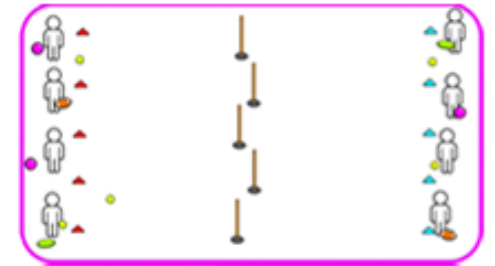
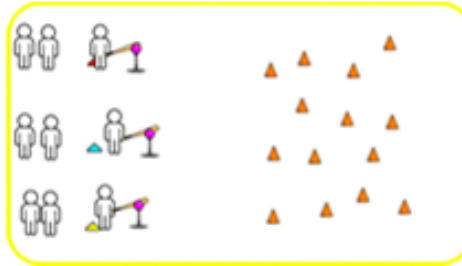
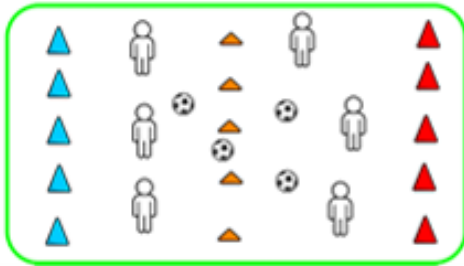
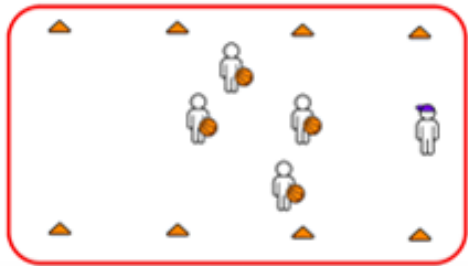
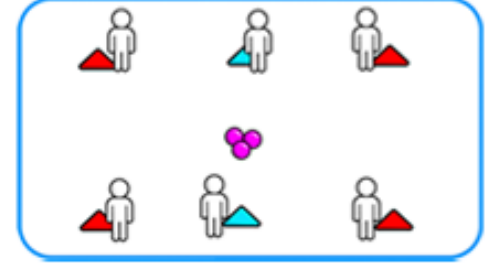
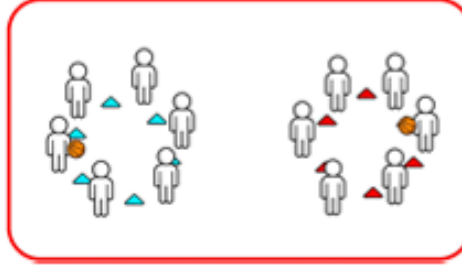
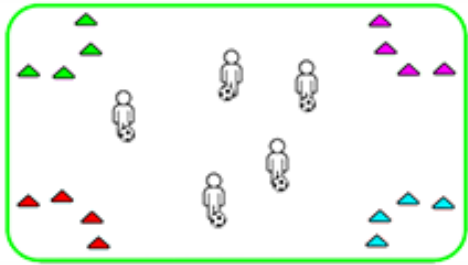
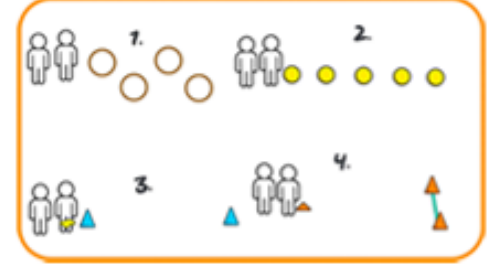
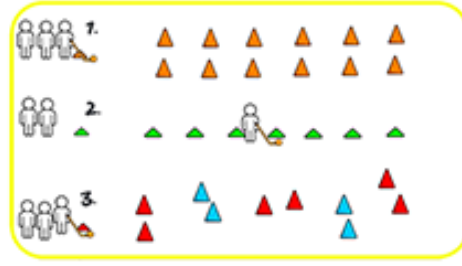
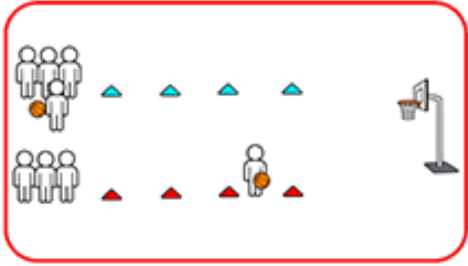
- stay balanced on toes
- don't rush, start slow

Relays (25+ mins): *Dribble & skill*

- In teams, dribble up to do the **skill in the hoop**, then come back:
 - Variations: 5 x toe taps, 5 x step-overs
- Begin with continuous practice, then as a relay race (first team to all complete)

**animation video preview not available here, see product video*

Animated videos + explanations



for each activity.

for assessments.

Curriculum structure.

Term by term, the aim is for students to progressively build from fundamental skill movements through to confident gameplay.

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 Kindergarten & grade 1 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.*

