

# PE lesson- WAGOLL

**WAGOLL-** show the children a video clip while they are getting ready.

<https://www.youtube.com/watch?v=5dhjrWMdQww>

**LO-** Today's learning objective is- To know and use an effective passing technique. (we are learning this today)

Today we will learn the chest pass and the bounce pass.

It is important that we know this skill so we can pass correctly to our friends.

It will help us to pass the ball to our team mates who are close by.

**Warm up-** Gateways- movement in and out of the gateways- change how the children need to travel through the gateways, when they reach a gateway what could they do: jump high, touch the ground, change direction.

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**Teach-** Model the chest pass to all (able) children. Show the chn the technique and use correct vocabulary throughout.

Ball should be released at chest height, fingers spread around the ball in W shape, elbows tucked in (no chicken wings), transfer weight forward and push the ball, extend and follow through with arms, wrists and fingers, path of ball should flat and fast.

During this time your TA may be supporting LAP group- catching correctly, confidently passing without being worried/closing their eyes.

**Practise-** Allow the chn to pair up(differentiated groups-red, blue and white). Chn to use stand in the gateways and practise a static chest pass.

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Some groups may be moved on- moving around the gateways, when they reach a gateway they will do a chest pass to their partner and then continue to move around their set area. Challenge- how many passes can you complete in 1 minute? Other children may need to continue practising the static pass.(TA may support this).

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**Apply-** Introduce a small game situation to each group when ready (3v3 mini game- end line. Intervene with the game, how can they keep possession. Explain that they must complete 3 passes before scoring on the end line.

Throughout the session consistently use the vocabulary- encourage the children to also use it.