

PHYSICAL EDUCATION CLIL - LESSON PLAN

Class: Year 1 **Content area:** Games

Time: 40 minutes

Objectives

The pupils will be expected to:

1. Throw and catch different objects in various ways, safely and without dropping them (emphasis on eyes on ball, arms ready to catch the ball, open hands like a "nest").
2. Pass safely the ball to their pair.
3. Develop strategies of invasion games: "stealing" the ball, position self between opponents, defense.
4. Describe the way they throw and catch different objects.
5. Work in pairs and in small groups.
6. Follow simple game rules.

To be able to understand, recognize and follow instructions such as: touch, throw, catch, look at, up in the air, toss, pass the ball, steal the ball.

To be able to understand, recognize and follow instructions such as:
find a magic spot, come here, stand up, sit down, run around, go back, walk, run, gallop, skip, hop, cones, bean bag, ball, colors, numbers, pair, group, change pair, head, knees, hand, shoulders, back, arms.

Materials

small cones, bean bags, small soft balls, big soft balls, skeleton balls.

Procedure

Introduction

Start/Goal-setting

*Good morning! Good morning! How are you? {2 times}
I'm fine! I'm fit! I hope that you are too!*

The pupils in a circle discuss with the teacher the aims of the lesson and what is expected of them.
"Σήμερα θα ρίξουμε και θα πιάσουμε διάφορα υλικά ατομικά και σε ζευγάρια, χωρίς να μας πέσουν".

On the teachers signal they go to their home-box and find a magic spot.

(L1,L2)

(L2)

	<p>Warm Up Game: “Simon Says...”</p> <ul style="list-style-type: none"> • The pupils move around in their ‘house’ in different ways: walk, run, skip, hop, gallop. • They get in pairs. The pupils standing at the green cone chase, in their house, the pupils standing at the red cone and try to touch them. Each time on the teacher signal, they change roles and the chaser tries to touch the other pupil on: <ul style="list-style-type: none"> a. shoulder, b. back c. knee. <p><i>Change pair: The pupils standing at green cones change place with opposite pupil standing at a green cone.</i></p> <p>Activity 1: “Throw and Catch Objects Individually” The teacher asks the pupils to pick up the object on their cone and throw, catch it in the air. “Find different ways to throw and catch your ball/bean bag”.</p> <p><i>(There are bean bags, small soft balls, big soft balls, skeleton balls.)</i></p> <p>The teacher stops the pupils and asks them to look at her. She shows them the way to throw and catch saying: <i>“Look at your bean bag, look at your ball, throw it up in the air, open hands, catch”.</i></p> <p>The pupils repeat the action saying: Throw-Catch (4 times).</p> <p>The teacher stops the pupils and asks them to:</p> <ul style="list-style-type: none"> • Throw with two hands and catch with two hands. Repeating: Two-Two (4 times) • Throw with one hand and catch with two hands. Repeating: One-Two (4 times) <p>While practicing, the teacher reminds the pupils the way of throwing and catching. Remember: <i>“Look at your bean bag, look at your ball, throw it up in the air, open hands, catch”.</i></p> <p>“Describe and Repeat”</p> <ul style="list-style-type: none"> • The teacher nominates pupils to show and describe the way they throw and catch their object. 	
Presentation		(L2)
Practice		(L2)

