

Physical Education Lesson Plan

School:	Class/Teacher:
Week: 8	Focus: Punt
Term Theme: Fundamental Movement Skill Development	

Video Demos: Activity demonstrations in the [Moovosity Online Showcase here](#) – p/word ‘moovosity’

Warm Up <i>The unofficial start to the lesson is a warm up game to get the body moving and to develop and refine locomotor movement.</i>	Activity Name: Balloon Punting Time: 5 minutes
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Lesson Focus:	(45 Mins) Fundamental Movement Skill (Punt)	
Learning Intention:	To punt a ball with increasing confidence	
Success Criteria:	<ol style="list-style-type: none"> 1. I CAN punt a ball into the air 2. I CAN punt holding a ball in two hands 	
Skill Area/Benefit:	FMS Skill – Punt	
Activity	Instructions/Variations	Time
Kick to Kick	<u>Equipment:</u> One football per pair <u>Instructions:</u> <ol style="list-style-type: none"> 1. Pairs 2. Students punt the ball back and forth with accuracy 3. Students see how many times they can mark (catch) the ball in a 5 minute period <u>Variations:</u> Increase the distance between pairs, use a smaller ball, kick with opposite foot (harder), decrease the distance, increase the ball size (easier)	15
Punting Castles – Level 1	<u>Equipment:</u> An Australian Rules football for each student, plastic cricket stumps or other equipment, cones to mark out the punting line <u>Instructions:</u> <ol style="list-style-type: none"> 1. Individual 2. Students build a castle out of cricket stumps and bases or other available equipment 3. They have a minute to see how many times they can knock down the castle. 4. Each time they knock it down they receive a point and need to rebuild quickly 5. Students choose how close they punt from and can move back each time they are successful 6. Play multiple rounds of 1-2 minutes <u>Variations:</u> Increase the kicking distance, make the castle smaller, kick with opposite foot (harder), decrease the kicking distance, make the castle target larger (easier)	15
Goal Races	<u>Equipment:</u> One Australian Rules football per group, cones to mark out playing area and for goals <u>Instructions:</u> <ol style="list-style-type: none"> 1. Students line up behind a cone or rope facing the goals in groups of 3. 2. On 'go' the students run with the football, steady or stop and punt a goal. 3. The first team to be finished is the winner 4. Bonus points awarded for goals scored. 5. Students retrieve their ball, bounce it once and return to the start line. 6. They hand the ball to the next student to race and line up waiting for their next race. 	10