



Colegio Sagrado Corazón de Jesús

Erasmus + Project : 2014-1-ES01-KA101-002752

ACTIVITY TITLE: NET SPORTS

SUBJECT: P.E.

AIM OF THE ACTIVITY: Communicative Learning; I can-can't; It is/isn't allowed

ESTIMATED DURATION: 45 minutes session.

MATERIALS NEEDED: Balls and hoops

ATTACHED DOCUMENTS: None

SUGGESTED LEVEL: 5th Primary

PROCEDURE

Arrange a net games circuit. Students will rotate every 4 minutes in the different stages and will do that twice. The first time they will play with one ball and the second one they will play with a different ball.

STAGE 1 : SQUISH > <http://www.playsport.net/activity/squish>

STAGE 2 : FOOT STRIKE > <http://www.playsport.net/activity/foot-strike>

STAGE 3: INSIDE A HOOP > <http://www.playsport.net/activity/jumping-sticks> (It is the same game but with hoops)

STAGE 4 : SITTING VOLLEY > <http://www.playsport.net/activity/sitting-volleyball-mini-courts>

To have a better arrangement, you may divide students in half: odds and evens. These groups will be divided in smaller groups of three. Odds will change stage from down 1 to 4 and evens will do the opposite.

While the class is going on, students will fill in a form which will be discussed at the end of the class to analyse the students performance: <https://docs.google.com/document/d/1NZRO0EBfbtKxdvOWvM1oOeDhviQPUWScl3OD4sPhfqc/pub>