

Theme	Component	Timing	Description	Equipment	Learning focus <i>(italics = physical)</i>
COGNITIVE	Fusion warm-up	30 mins	"Inside out" (p. 5) Start with 8 spots making a cross with 3 players behind each outside point of the cross. - watch traffic - high/baby 5 - footwork patterns (one stays to teach) - carry ball and pass (various) - move ball as you go - leave and swap balls in middle square - change hands and get high/baby 5s - Stay alert (add a fifth ball passed round the back)	Spots x 8 Various balls (min. 5 different)	<ul style="list-style-type: none"> Spatial awareness Select and apply skills Make good decisions Cope with multiple stimuli Cope with change in stimuli <ul style="list-style-type: none"> <i>Footwork patterns</i> <i>Ball skills: sending/receiving</i> <i>Agility: changing speed</i> <i>Agility: changing height</i>
	Game	20 mins	"Rainbow Baseball" (p. 30) Based on 6-a-side, with 5 coloured bases arranged in a rainbow in front of the batter. Batting team starts on bases apart from batter. - Runs scored for each player 'through' home base. - Play stops when fielding team return ball to same coloured base. - Catch = no runs and striking team walk a base. - Teams change after 10 plays. 'Home run' (whole team rotates) if hit past boundary.	Spots (2 x each of 5 colours) Corresponding coloured balls Variety of bats	<ul style="list-style-type: none"> Develop strategy and tactics Select appropriate striking equipment (recognise own strengths)
	Activity	20 mins	FUNS card 9 (p. 18) (Coordination – Ball Skills) Caught Behind - In pairs, 1 throws ball over 2's head who catches behind. > Change distance and ball; introduce competition. Grand Prix - In pairs, setup small circuit and take turns to push ball around track (try to get round in least number of touches). > Challenge another pair to a race and use pit-stops.	Various balls (min. 13)	<ul style="list-style-type: none"> Evaluate others strengths and weaknesses Recognise and apply skills <ul style="list-style-type: none"> Take turns and share Calculate risk vs. reward Cope with change in rules
	Game (return)	20 mins	Rainbow baseball (extend) > move bases further apart > striking team start on backs/bellies > elect a coach/captain and review tactics > allow teams time to introduce new rules (based on assessment of teams' strengths and weaknesses)	As above	<ul style="list-style-type: none"> Evaluate own and others strengths and weaknesses Cope with multiple stimuli Read and react Solve problems
	Assessment	30 mins	Self assessment (look at posters and statements) Peer assessment (compare self scores with friends) Coach assessment (coach arbitrates on disagreement)	Posters and assessment cards	<ul style="list-style-type: none"> Evaluate self and others Receive and give feedback Create a personal learning plan