



Fundamental Movement / Multi Skills

6-Week Lesson Plans – Autumn 1



PE – Multi Skills – Short Term – Lesson Planning		
Year Group: Y1 / Y2 Term: Autumn 1		Lesson: 1
Learning Objective(s): Y1 – To dribble the ball using my fingertips. Y2/HA – To dribble the ball in different directions.		
Vocabulary: Dribble, fingertips, control, direction, space.		Resources: Basketballs / small balls, cones, bibs.
Learning to 'bump into': Y1: 1.1, 1.2, 1.3 Y2: 2.1, 2.2		
Timings	Teaching & Learning Activities	Key Questions
5–10 mins	Warm Up: Travelling Tag: All children move around the space. When tagged they must freeze with feet wide apart. A friend can free them by crawling through their legs. Introduce dribbling a ball while moving after 2 minutes. Focus on low, controlled bounces using fingertips.	Can you bounce the ball without looking at it? Which fingers are you using to dribble? Can you move without bumping into others?
20–30 mins	Main Task: Station carousel (3 stations, 7 minutes each): Station 1 – Stationary dribbling: children practise dribbling on the spot using fingertips, alternating hands. Station 2 – Follow the leader: in pairs, the leader moves slowly around the space dribbling, the follower copies. Station 3 – Cone weave: dribble in and out of a line of cones. Y1 focus on using fingertips and maintaining control. Y2/HA focus on changing direction smoothly. SEN / Support: Reduce the number of cones in the weave. Use a larger, bouncier ball for easier control. Adult/peer support at Station 1 to model fingertip technique. Allow stationary practice before moving. Higher Ability: Increase cone weave speed and tighten spacing. Challenge pupils to dribble with non-dominant hand only. Add a defender at Station 2 to apply light pressure.	How do you keep the ball under control when moving? What happens if you use your palm instead of fingertips? Can you keep your head up while dribbling?
5–10 mins	Cool Down and Reflect: Children walk around the space with their ball, taking slow deep breaths. Bring class together to share one thing they found tricky and one thing they improved. Gentle stretches: wrists, shoulders, legs.	What did you do well today? What is one thing you want to improve next lesson?