



# SOFTBALL

## Years 5 & 6



Lesson Week:	Lesson Topic:
Week 1	Basic Bowling and Batting
Week 2	Catching and Batting
Week 3	Fielding and Throwing
Week 4	Bowling and Batting
Week 5	Catching and Batting
Week 6	Running Between Bases and Pick Up and Throw

<b>Session Topic and Number of Participants:</b>	<b>Equipment:</b>
<ul style="list-style-type: none"> <li>• Basic Bowling &amp; Batting.</li> <li>• Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>• Rounders Balls, Tees, Bats and Bases.</li> <li>• Cones – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<b>Learning Outcomes:</b>	<b>Vocabulary:</b>
<ul style="list-style-type: none"> <li>• To practice throwing and catching techniques.</li> <li>• To practice bowling techniques.</li> <li>• To practice batting techniques.</li> <li>• To use these techniques in a competitive game.</li> </ul>	<ul style="list-style-type: none"> <li>• Throw, Catch, Bowl, Horizontal, Swing, Bat, Run, Waist, Ankle, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Cone, Tee, Bases, Pull.</li> </ul>
<b>Warm Up:</b>	<b>Differentiation:</b>
<p><b>“Snowball Tag”</b></p> <p>1) Choose two children to start as ‘it’ with a soft ball each, and try to tag or underarm throw and hit (below shoulder height) as many children as they can with their ball. Once tagged or hit, the children collect a soft ball and become ‘it’ as well. The last two remaining children who are not ‘it’ start as ‘it’ in the next game.</p>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of play.</li> <li>2) Decrease the playing area.</li> <li>3) Decrease the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of play.</li> <li>2) Increase the playing area.</li> <li>3) Increase the equipment size.</li> </ol>
<b>Main Content:</b>	<b>Differentiation:</b>
<p><b>“Drop And Catch”</b></p> <p>1) Children work individually, with one ball each, and practice dropping the ball and catching it, keeping their hand on top of the ball at all times alternating hands.</p> <p><b>“Bowling”</b></p> <p>1) Children work in pairs, one ball between two, practicing underarm bowling to each other, concentrating on using their other arm as a guide/target/aimer, while keeping their bowling arm straight.</p> <p><b>“Batting”</b></p> <p>1) Children work in groups, one ball, one bat, one base and tee per group. Children take it in turns to gently hit the ball, four times, off the tee in the direction of one of their team mates. Batters earn a point if their team mate catches the ball. Highest number of points wins.</p> <p><b>“Continuous Rounders”</b></p> <p>1) Split the children into two equal teams. One team starts as the batters, the other as fielders. Batting team stays a safe distance away when waiting for their turn to bat. The fielding team spread out all over the area, making sure they are a safe distance away from the batter. One fielder acts as a back stop. The coach bowls underarm and the batter attempts to hit it. Whether they hit it or not the, batter has to run. Batters score one rounder each time they travel round a cone and back. More than one rounder at a time can be scored. Fielders have to return the ball every time to bowler who continuously serves. Each batter keeps going until they are caught out or if they miss the ball 3 times.</p>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Decrease the playing area.</li> <li>3) Decrease the distance between bases.</li> <li>4) Decrease the running distance.</li> <li>5) Increase the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of movement.</li> <li>2) Increase the playing area.</li> <li>3) Increase the distance between bases.</li> <li>4) Increase the running distance.</li> <li>5) Decrease the equipment size.</li> </ol>
<b>Cool Down:</b>	<b>Assessment Opportunities:</b>
<p><b>“Snowball Tag”</b></p> <p>1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths.</p>	<ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A’s, Observations.</li> </ul>



<p><b>Session Topic and Number of Participants:</b></p>	<p><b>Equipment:</b></p>
<ul style="list-style-type: none"> <li>• Catching &amp; Batting.</li> <li>• Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>• Softballs, Tees, Bats, Bases, Catching Mitts.</li> <li>• Cones – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<p><b>Learning Outcomes:</b></p>	<p><b>Vocabulary:</b></p>
<ul style="list-style-type: none"> <li>• To practice throwing and catching techniques.</li> <li>• To practice batting grip and stance techniques.</li> <li>• To practice batting techniques.</li> <li>• To use these techniques in a competitive game.</li> </ul>	<ul style="list-style-type: none"> <li>• Throw, Catch, Bowl, Horizontal, Swing, Bat, Run, Waist, Ankle, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Cone, Tee, Bases, Pull.</li> </ul>
<p><b>Warm Up:</b></p>	<p><b>Differentiation:</b></p>
<p><b>“Circle Dodge Ball”</b></p> <p>1) Children work in groups. Choose two children to start as ‘it’ outside the circle with a soft ball each, and try and underarm throw and hit (below shoulder height) as many children inside the circle as they can with their ball. Once hit, the children collect a soft ball and become ‘it’ as well. The last two remaining children who are not ‘it’ start as ‘it’ in the next game.</p>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of play.</li> <li>2) Decrease the playing area.</li> <li>3) Decrease the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of play.</li> <li>2) Increase the playing area.</li> <li>3) Increase the equipment size.</li> </ol>
<p><b>Main Content:</b></p>	<p><b>Differentiation:</b></p>
<p><b>“Catching”</b></p> <p>1) Children work individually with a ball each and practice different ways and techniques of catching the ball:-</p> <ol style="list-style-type: none"> <li>a) Kneel, throw, stand and catch.</li> <li>b) Sit, throw, stand and catch.</li> <li>c) Throw, jump and catch.</li> <li>d) Throw through legs and catch behind.</li> <li>e) Throw, clap and catch.</li> <li>f) Throw, turn around and catch.</li> <li>g) Come up with their own ideas.</li> </ol> <p><b>“Batting”</b></p> <p>1) Children work in groups, one ball, one bat and one base and a tee per group. Children take in turns to hit the ball off the tee to a team mate, concentrating on their sideways stance and driving the ball as straight as possible. Batters have four bats then swap over.</p> <p><b>“Team Softball”</b></p> <p>1) Split the children into two equal teams. One team starts as the batters, the other as fielders. Set up a game of Softball as close to normal rules as possible. Each team has 10 minutes of batting time to score as many runs as possible. Make sure all children have a go at every position (pitching, catcher, batting, fielding, bases, etc.</p>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Decrease the playing area.</li> <li>3) Decrease the distance between bases.</li> <li>4) Decrease the running distance.</li> <li>5) Increase the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of movement.</li> <li>2) Increase the playing area.</li> <li>3) Increase the distance between bases.</li> <li>4) Increase the running distance.</li> <li>5) Decrease the equipment size.</li> </ol>
<p><b>Cool Down:</b></p>	<p><b>Assessment Opportunities:</b></p>
<p><b>“Circle Dodge Ball”</b></p> <ol style="list-style-type: none"> <li>1) Same exercises as in the warm up section, but this time the children have to stand still and dodge in the circle.</li> <li>2) Same exercise as in 1, but this time the children swap with who they hit.</li> </ol>	<ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A's, Observations.</li> </ul>



<b>Session Topic and Number of Participants:</b>	<b>Equipment:</b>
<ul style="list-style-type: none"> <li>Fielding &amp; Throwing.</li> <li>Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>Softballs, Volley Ball, Bats, Bases, Catch Mitts.</li> <li>Cones and Bibs – Variety of colours.</li> </ul>
<b>Learning Outcomes:</b>	<b>Vocabulary:</b>
<ul style="list-style-type: none"> <li>To practice throwing and catching techniques.</li> <li>To practice picking up and throwing a ball on the run.</li> <li>To practice chasing, collecting and returning a ball.</li> <li>To use these techniques in a competitive game.</li> </ul>	<ul style="list-style-type: none"> <li>Throw, Catch, Bowl, Chase, Collect, Run, Waist, Ankle, Shoulder, Head, Ball, Return, Underarm, Overarm, Power, Accuracy, Fingers, Cone, Tee, Bases, Pull.</li> </ul>
<b>Warm Up:</b>	<b>Differentiation:</b>
<p><b>“Chinese Wall”</b></p> <p>1) Mark a line (the wall) across the middle of the area. Children stand at either end of the area with a ball each and one child starts as a ‘wall guard’ on the line without a ball. Children attempt to get from one end of the area to the other by crossing the ‘wall’. Children cannot cross the line holding their ball, they have to throw their ball over the ‘wall’ and catch it on the other side without being caught by the ‘guard’. If children are caught or drop their ball, they become a ‘guard’ as well.</p>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of play.</li> <li>2) Decrease the playing area.</li> <li>3) Decrease the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of play.</li> <li>2) Increase the playing area.</li> <li>3) Increase the equipment size.</li> </ol>
<b>Main Content:</b>	<b>Differentiation:</b>
<p><b>“Partner Throwing”</b></p> <p>1) Children work in pairs with one ball. Children take in turns to throw and catch the ball to each other while kneeling on one knee. Children alternate between which knee they kneel on each time they throw. Children still kneel when catching the ball.</p> <p><b>“Throwing At A Target”</b></p> <p>1) Children work in pairs with one ball and a cone. Children take in turns to throw the ball and try to hit the cone. Every time the children hit the cone, they take two steps backwards. Every time the children miss the cone, they take one step forwards.</p> <p><b>“Bombardment Ball”</b></p> <p>1) Children work in two teams stood side by side in a line, one team facing the other, with several Softballs / Tennis balls. The two teams should be roughly about 20m away from each other, with a line of cones placed roughly 5m in front of each team and a volleyball in the middle. Teams try to throw the balls at the volleyball and knock it over the other team’s line of cones. After each win, place the volleyball back in the middle.</p> <p><b>“Roll A Goal”</b></p> <p>1) Children work in two teams. Set up a pitch with a set of bases at each end. Teams try to roll the ball to hit any of their opponent’s bases to score. Children can’t move with the ball, hold the ball for more than 3 seconds, throw the ball or steal the ball from the other team. If the ball is fumbled or if it goes out of bounds, the other team gains possession. First to so many hits wins.</p>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Decrease the playing area.</li> <li>3) Decrease the distance between bases.</li> <li>4) Decrease the running distance.</li> <li>5) Increase the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of movement.</li> <li>2) Increase the playing area.</li> <li>3) Increase the distance between bases.</li> <li>4) Increase the running distance.</li> <li>5) Decrease the equipment size.</li> </ol>
<b>Cool Down:</b>	<b>Assessment Opportunities:</b>
<p><b>“Standing Chinese Wall”</b></p> <p>1) Same exercise as in the warm up section, but this time the children have to stand either side of the ‘wall’.</p>	<ul style="list-style-type: none"> <li>Peers, Self, Group Work, Q &amp; A’s, Observations.</li> </ul>



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<ul style="list-style-type: none"> <li>• Bowling &amp; Batting.</li> <li>• Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>• Softballs / Tennis Balls, Bats, Bases, Catch Mitts.</li> <li>• Cones / Hoops – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<b>Learning Outcomes:</b>	<b>Vocabulary:</b>
<ul style="list-style-type: none"> <li>• To practice batting grip and stance techniques.</li> <li>• To practice batting techniques.</li> <li>• To practice pitching techniques.</li> <li>• To use these techniques in a competitive game.</li> </ul>	<ul style="list-style-type: none"> <li>• Bat, Lift, Front, Hit, Attack, Safety, Bases, Run, Throw, Catch, Arm, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Bounce, Land, Return, Crouch, Catcher.</li> </ul>
<b>Warm Up:</b>	<b>Differentiation:</b>
<p><b>“Drop and Catch”</b></p> <ol style="list-style-type: none"> <li>1) Children work individually, with one ball each, and practice dropping the ball and catching it, keeping their hand on top of the ball at all times, alternating hands.</li> <li>2) Same exercise as 1, but this time, children clap their hands before catching the ball.</li> <li>3) Same exercise as 1, but this time, children rotate their hand around the ball before catching.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of play.</li> <li>2) Decrease the playing area.</li> <li>3) Decrease the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of play.</li> <li>2) Increase the playing area.</li> <li>3) Increase the equipment size.</li> </ol>
<b>Main Content:</b>	<b>Differentiation:</b>
<p><b>“Pitching”</b></p> <ol style="list-style-type: none"> <li>1) Children work in pairs, one ball between two, practicing underarm throwing to each other, concentrating on their grip and keeping their arm straight.</li> </ol> <p><b>“Target Pitching”</b></p> <ol style="list-style-type: none"> <li>1) Children work in pairs, one ball, one hoop and two sets of bases per pair and take it in turns to underarm throw the ball at a goal made with the bases. They get 5 points for getting the ball in the goal, plus 10 points if it hits either of the bases.</li> </ol> <p><b>“Batting”</b></p> <ol style="list-style-type: none"> <li>1) Children work in pairs, one ball, one bat and one cone per group. Children take it in turns to be the pitcher and batter. As the ball is pitched, the batter tries to hit the ball, driving the ball straight back to their partner, concentrating on their sideways stance, grip and swing.</li> </ol> <p><b>“Quad-Softball”</b></p> <ol style="list-style-type: none"> <li>1) Set up a pitch with four bases in a diamond formation as normal. Children work in two teams (batters and fielders). Fielders start with one pitcher in the middle, four catchers (one behind each base) and the rest spread out to field. The batters start with four batters (one at each base) and the rest sensibly waiting a safe distance away from the pitch. The ball is pitched to any of the four batters and whenever the ball is hit, all four batters must run clockwise around to the next base. Batters can run to as many bases as they can and earn a ‘Run’ every time they switch bases. Batters are out if the ball is caught when they hit it, or if they miss the ball 3 times.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Decrease the playing area.</li> <li>3) Decrease the distance between bases.</li> <li>4) Decrease the running distance.</li> <li>5) Increase the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of movement.</li> <li>2) Increase the playing area.</li> <li>3) Increase the distance between bases.</li> <li>4) Increase the running distance.</li> <li>5) Decrease the equipment size.</li> </ol>
<b>Cool Down:</b>	<b>Assessment Opportunities:</b>
<p><b>“Drop and Catch”</b></p> <ol style="list-style-type: none"> <li>1) Same exercises as in the warm up section.</li> </ol>	<ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A's, Observations.</li> </ul>



<b>Session Topic and Number of Participants:</b>	<b>Equipment:</b>
<ul style="list-style-type: none"> <li>• Catching &amp; Batting.</li> <li>• Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>• Softballs / Tennis Balls, Bats, Bases, Catch Mitts.</li> <li>• Cones / Hoops – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<b>Learning Outcomes:</b>	<b>Vocabulary:</b>
<ul style="list-style-type: none"> <li>• To practice throwing and catching techniques.</li> <li>• To practice batting techniques.</li> <li>• To improve basic striking, fielding and decision making.</li> <li>• To use these techniques in a competitive game.</li> </ul>	<ul style="list-style-type: none"> <li>• Bat, Back, Lift, Front, Hit, Attack, Safety, Runs, Bases, Throw, Catch, Work, Arm, Shoulder, Head, Ball, Underarm, Overarm, Power, Work, Accuracy, Fingers, Bounce, Land, Return, Run, Chase, Catcher, Team, Striking, Fielding.</li> </ul>
<b>Warm Up:</b>	<b>Differentiation:</b>
<p><b>“Snowball Tag”</b></p> <p>1) Choose two children to start as ‘it’ with a soft ball each, and try to tag or underarm throw and hit (below shoulder height) as many children as they can with their ball. Once tagged or hit, the children collect a soft ball and become ‘it’ as well. The last two remaining children who are not ‘it’ start as ‘it’ in the next game.</p>	<p><b>“Easier”</b></p> <p>1) Decrease the speed of play. 2) Decrease the playing area or equipment size.</p> <p><b>“Harder”</b></p> <p>1) Increase the speed of play. 2) Increase the playing area or equipment size.</p>
<b>Main Content:</b>	<b>Differentiation:</b>
<p><b>“Outfield Throwing and Catching”</b></p> <p>1) Split the group into four teams, with one ball per team. Set up a playing square with a scoring area in each corner. One team starts in each area. Aim of the game is to earn points (runs) by throwing the ball and getting it to land in one of their opponents scoring areas (1 point) or by catching a ball that has been thrown into their area before it bounces (2 points).</p> <p><b>“Batting”</b></p> <p>1) Children work in fours, one ball, one bat and four cones per group. Children set up with one batter, one pitcher and two gates (using the cones), where the other two children stand (fielders). They take it in turns to be the pitcher, fielders and batter. As the ball is pitched, the batter tries to hit the ball, driving the ball, through one of the two gates. Batter gets 5 bowls then they swap roles.</p> <p><b>“Quad-Softball”</b></p> <p>1) Set up a pitch with four bases in a diamond formation as normal. Children work in two teams (batters and fielders). Fielders start with one pitcher in the middle, four catchers (one behind each base) and the rest spread out to field. The batters start with four batters (one at each base) and the rest sensibly waiting a safe distance away from the pitch. The ball is pitched to any of the four batters and whenever the ball is hit, all four batters must run clockwise around to the next base. Batters can run to as many bases as they can and earn a ‘Run’ every time they switch bases. Batters are out if the ball is caught when they hit it, or if they miss the ball 3 times.</p>	<p><b>“Easier”</b></p> <p>1) Decrease the speed of movement. 2) Decrease the playing area. 3) Decrease the distance between bases. 4) Decrease the running distance. 5) Increase the equipment size.</p> <p><b>“Harder”</b></p> <p>1) Increase the speed of movement. 2) Increase the playing area. 3) Increase the distance between bases. 4) Increase the running distance. 5) Decrease the equipment size.</p>
<b>Cool Down:</b>	<b>Assessment Opportunities:</b>
<p><b>“Snowball Tag”</b></p> <p>1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths.</p>	<ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A’s, Observations.</li> </ul>



<p><b>Session Topic and Number of Participants:</b></p>	<p><b>Equipment:</b></p>
<ul style="list-style-type: none"> <li>• Running Between Bases &amp; Pick Up &amp; Throw.</li> <li>• Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>• Softballs / Tennis Balls, Bats, Bases, Catch Mitts.</li> <li>• Cones / Hoops / Bibs – Variety of colours.</li> </ul>
<p><b>Learning Outcomes:</b></p>	<p><b>Vocabulary:</b></p>
<ul style="list-style-type: none"> <li>• To improve basic striking, fielding and decision making.</li> <li>• To encourage teamwork &amp; improve basic striking, fielding.</li> <li>• To encourage good communication between batters and fielders in a match situation.</li> <li>• To use these techniques in a competitive game.</li> </ul>	<ul style="list-style-type: none"> <li>• Bat, Back, Lift, Front, Hit, Attack, Safety, Runs, Bases, Throw, Catch, Work, Arm, Shoulder, Head, Ball, Underarm, Overarm, Power, Work, Accuracy, Fingers, Bounce, Land, Return, Run, Chase, Catcher, Team, Striking, Fielding.</li> </ul>
<p><b>Warm Up:</b></p>	<p><b>Differentiation:</b></p>
<p><b>“Hot Potato”</b></p> <p>1) Set up a large playing area/boundary. Half the group starts inside the area with a ball each and the other half starts outside the area. On command, the children inside of the area run and give there ball to a different child on the outside. Then on command, they run and give it back. Give out a different command each time (by hand, close underarm throw, far throw, roll on ground).</p>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of play.</li> <li>2) Decrease the playing area.</li> <li>3) Decrease the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of play.</li> <li>2) Increase the playing area.</li> <li>3) Increase the equipment size.</li> </ol>
<p><b>Main Content:</b></p>	<p><b>Differentiation:</b></p>
<p><b>“Fielding Relays”</b></p> <p>1) Children work in teams, with one ball per team, stand one behind the other, with the ball at the front, and one child stood facing them at a set distance away. The first child rolls the ball to the child on their own and runs to stand behind them. The child on their own picks up the ball and throws it back to the next person in line, then runs and lines up at the back of the line, etc.</p> <p><b>“Batting Relays”</b></p> <p>1) Children work in teams, with a bat each and stand one behind the other next to a base, with another base set out at a set distance away. The first runs from the first base to the second base and back, making sure their foot passes roughly where the base is before coming back, then the next child in line does the same, and so on.</p> <p><b>“Quad-Softball”</b></p> <p>1) Set up a pitch with four bases in a diamond formation as normal. Children work in two teams (batters and fielders). Fielders start with one pitcher in the middle, four back stops (one behind each base) and the rest spread out to field. The batters start with four batters (one at each base) and the rest sensibly waiting a safe distance away from the pitch. The ball is pitched to any of the four batters and whenever the ball is hit, all four batters must run clockwise around to the next base. Batters can run to as many bases as they can and earn a ‘Run’ every time they switch bases. Batters are out if the ball is caught when they hit it, or if they miss the ball 3 times.</p>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Decrease the playing area.</li> <li>3) Decrease the distance between bases.</li> <li>4) Decrease the running distance.</li> <li>5) Increase the equipment size.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of movement.</li> <li>2) Increase the playing area.</li> <li>3) Increase the distance between bases.</li> <li>4) Increase the running distance.</li> <li>5) Decrease the equipment size.</li> </ol>
<p><b>Cool Down:</b></p>	<p><b>Assessment Opportunities:</b></p>
<p><b>“Hot Potato”</b></p> <p>1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths.</p>	<ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A’s, Observations.</li> </ul>

