



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: Kick to Kick
	Time: 5 minutes

Lesson Focus:	(45 Mins) Fundamental Movement Skill (Punt)	
Learning Intention:	To kick with control and increasing confidence	
Success Criteria:	1. I CAN punt with the top of the foot 2. I CAN punt a ball with correct grip	
Skill Area/Benefit:	FMS Skill – Punt	
Activity	Instructions/Variations	Time
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> 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
Punting Castles – Level 2	<u>Equipment:</u> 1 Australian Rules footballs per pair, plastic cricket stumps or other equipment, cones to mark out the punting line <u>Instructions:</u> 1. Pairs 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. One partner stands at each end of the playing area 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
Punting Castles – Level 3	<u>Equipment:</u> 1-2 Australian Rules footballs per group of four, plastic cricket stumps or other equipment, cones to mark out the punting line <u>Instructions:</u> 1. Groups of 4 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. 2 players stand at each end of the playing area 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)	10