

Week 1	Objectives (knowledge/skills/attitudes)	Tasks	Resources for 30 children
1.	Introduction to people/program	Activity 1 – ‘Something interesting’ <ul style="list-style-type: none"> • Introduce selves + the name of the sport + welcome to the program • Give brief overview of gateball equipment and stress correct name for ‘gate’, ‘pole’, gateball ‘stick’ and balls • Give brief outline of afternoon activities Move into 2 groups with different leaders	2 small courts set up with numbered gates/ 30 sticks/ 3 sets of balls/ scoreboard/10 – 12 markers or cones, 4 large tennis balls, 4 plastic cricket bats, 4 hoops, 2 plastic target sheets
2.	Warm up activity Use of balls – rolling relay	Activity 2 - Warm up for each group <ul style="list-style-type: none"> • Divide into groups for short relays • Using tennis ball, roll the balls as for a relay Change it <ul style="list-style-type: none"> • Elicit how we can make this harder/easier (eg. length of runs, use different hand, change to smaller balls) Activity 3 <ul style="list-style-type: none"> • Change to Gateballs Is it harder / easier with gateballs? Change it <ul style="list-style-type: none"> • How can it be made even harder? (use a stick) 	Cones/cricket bats/tennis balls
3.	Learn to use a stick	Activity 3 – Relay using Gateballs <ul style="list-style-type: none"> • Change to smaller balls Gateballs • In same group of relay teams, use Gateball sticks instead of cricket bats Change it <ul style="list-style-type: none"> • Elicit how we could make it easier/ harder (eg shorter distance/ smaller balls/ longer distance) 	As above
4.	Learning to use a stick (SSSSS) for the new game of Gateball	Activity 4 - Learning to use a stick <ul style="list-style-type: none"> • Match children with appropriate stick. Show how to adjust the height of shaft • Discuss ways of holding stick • Teach the stroking chant (emphasise SSSSS) <ul style="list-style-type: none"> Stalk the ball Sight the target Stand, Stare, S-W-I-N-G 	Gateball sticks, balls, foot markers for the ground/cones for gates target sheets

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		<ul style="list-style-type: none"> • Kids to stand in pairs, facing each other, with a target between them. (Target is two cones placed to form a 'gate' about 1m away) • Kids to stroke the balls to each other, using the chant. • Similarly using the target sheet, each group have a turn stroking the ball onto the target sheet to score maximum number of '5' <p>Change it Elicit how we could make it easier/ harder (eg shorter distance/ longer distance/narrower gates) Children can to do this depending on progress and skill at stroking ball accurately.</p>	
	<p>Introduce Gateball Court</p>	<ul style="list-style-type: none"> • Give each child a number badge • Introduce children to Gateball court by walking in sequence in a line wearing a number 1-10 • Explain how to hit through the gates to score a point on scoreboard 	<p>Gateball court /number badges/ scoreboards</p>
<p>5.</p>	<p>Aussie Gateball (Simplified Gateball)</p>	<p>(If time) Activity 5 – Aussie Gateball</p> <ul style="list-style-type: none"> • Set time for 15 minutes. • 2 teams to stroke balls through gates in turn, extra turn if they hit another ball/ get through a gate. Mark up on scoreboard. The extra children use plastic target sheets • If more than 20 players alternate using target sheets 	<p>As above</p>
<p>6.</p>	<p>Finish up and review</p>	<p>Activity 6 – Walk about, talk about</p> <ul style="list-style-type: none"> • Children to walk round to collect equipment and bring back to group • Stretch tired parts of the body • Talk about the session (What did you enjoy about today? What was easy/ hard? What would you like to do again? What else could we do?) 	
<p>Comments (Evaluation/ what next?)</p>			

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