**Wednesday 8th July 2020**

**PE**

**Agility and Throws**

This lesson is following the video clip produced by This Is PE.

You can find the video on their website: <https://www.afpe.org.uk/thisispe-supporting-parents-to-teach-pe-at-home/>

*Lesson 14 – Sock Wars*

**Activity 1 – Attack v Defence**



**The defender tucks a sock into the back of their waistband of their trousers/shorts.**

**The attacker is aiming to grab the sock while the defender is trying to avoid that happening.**

***Make sure the playing space is free of obstructions, hazardous objects and sharp corners.***

**When defending, use quick changes of direction to dodge the attacker.**

**When attacking, keep your eyes on the target and use explosive lunging actions to grab the sock.**



**Activity 2 – One on One**

**In this activity, each player places 2 socks in their waistband, one on each hip.**

**The aim is to be the first person to remove both of your opponent’s socks.**

**You now need to think about protecting your own socks as well as grabbing your opponents**

**Make it easier**

**Use longer length socks**

**Stick the one sock**

**Make it harder**

**Use shorter socks**

**Use more socks**

**Only use one hand**

**Play on your knees**



**Activity 3 – Teddy Collect**

**Place 5 teddies (or other objects) at either end of the playing area. Each player will need 2 socks tucked into their waistband at the hips.**

**Taking it in turns, each player will attack their opponent’s end to grab a teddy and return it to their own end. Only 1 teddy at a time!**

**If the defender manages to grab a sock from the defender at any time of their attempt, the teddy must be returned to where it was.**

**Remember to use your body position, explosive speed and quick changes in direction but most of all, have fun!**

