

MotoLab

From card to lesson

12 COMPLETE PE LESSONS



Teaching guide for high school

- Timing, activities and equipment
- Layouts, space and roles
- 12 observation grids

Choose your lesson

Each lesson includes five practical pages. The observation grids are collected at the end of the volume.

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Observation grids · lessons 01-12

63-74

How to read the sequence

1. Prepare and start · 2. Organize the space and groups
3. Lead the first 30 minutes · 4. Carry out the main task
5. Adapt, finish and collect observations

01 Pass, move, collaborate

CLASS

24 students · 4 groups of 6

DURATION

60 minutes

SEQUENCE

5 practical pages

THE LESSON AT A GLANCE**0-8 min**

Warm-up

8-18 min

First attempt

18-30 min

Progression

30-48 min

Main task

48-55 min

Consolidation

55-60 min

Reflection

**Passing, space and collaboration****Equipment ready**

12 soft, light balls · 16 low cones · 12 bibs · stopwatch. Pairs: 3 balls per area. Threes: 2. Main game: 1; put the others away.

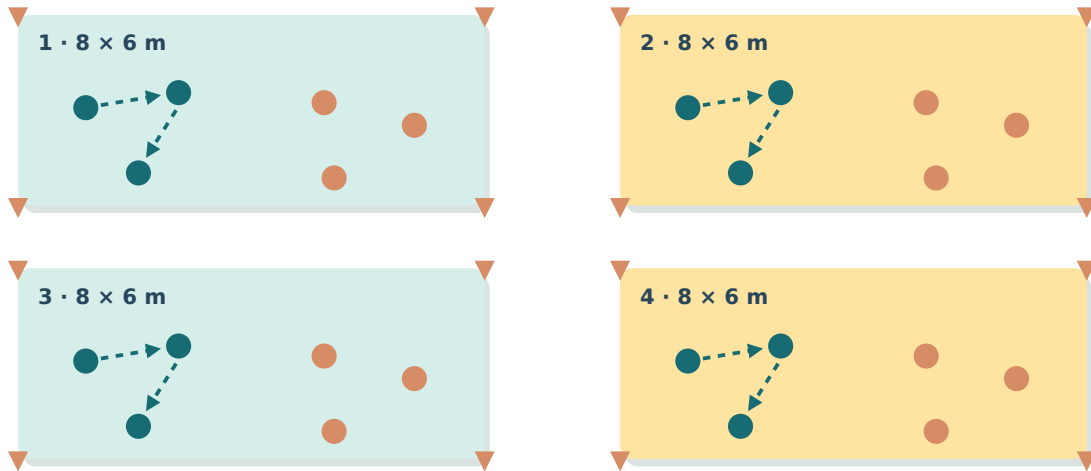
Objectives to observe

Offers a clear passing line · Moves after passing · Communicates and involves different teammates

01 Pass, move, collaborate

Prepare the space and groups

Teaching diagram from above · work areas and equipment



Two groups of three per area · dashed lines: sample passes · corridor ≥ 1.5 m

Organization in motion

Pairs



Threes



3 v 3



Six together

Same groups, different tasks. Put spare balls away at each change.

Layout and groups

Four areas of about 8×6 m in two rows. Leave at least a 1.5 m corridor between areas: the whole layout occupies about 17.5×13.5 m, plus outer margins. Measure the available space and keep clear of walls.

Groups: Four groups of six, always in the same area. First three pairs, then two threes and finally 3 v 3. With 18 students use three areas; with five per group try 3 v 2 and rotate who defends at each change of possession.

01 Pass, move, collaborate

1 0-8 min | Move and look

0-2 min: walk and jog in your own area.

2-6 min: change direction on the signal and stop in balance on the second. Look before moving again and keep a controlled pace.

6-8 min: face a free teammate and resume moving.



2 8-18 min | Pass and change space

8-10 min: demonstrate a two-handed pass over 2-3 m.

10-16 min: three pairs per area. A passes to B and finds free space; B turns the body and returns the ball to the new position, then moves. Start by walking.

16-18 min: compare passing to a stationary and a moving teammate.



3 18-30 min | Moving triangles

18-20 min: form two separate threes in the same area, each with one ball and positions 2-3 m apart.

20-28 min: A passes to B and moves within their half. B waits for a clear line to C and passes. The receiver looks before choosing.

28-30 min: call the receiver by name before passing.

Signals and control

Keep corridors and paths between pairs clear. The teacher observes from the corridor. When space requires observation turns, reorganize groups and timing before the lesson.

01 Pass, move, collaborate

Five passes, one point

1 The task

Two teams of three share the area. Five consecutive catches earn one point; possession then goes to the opponents and the count restarts at zero.



2 Rules before starting

1. Ball carrier stays still: turn on the spot and pass within three seconds.
2. Free players move to offer a line. Defend only by intercepting in flight, about an arm's length from the carrier.
3. Ball on the ground, out or intercepted: change possession. Restart inside at the nearest point, with at least one meter clear.
4. After a point the other team restarts from one side of the area.



3 The rounds

- 30-35 min: basic game;
- 35-36 min: discussion.
- 36-41 min: try to involve everyone;
- 41-42 min: feedback.
- 42-47 min: for ready groups, pass to someone other than the teammate who just gave you the ball.
- 47-48 min: prepare the cooperative phase.

Points to demonstrate and recall

Demonstrate a two-handed pass over 2-3 m. Agree the stop: everyone stops, holds the ball and looks at the teacher. Put spare balls away before changing phase and have one student repeat the new instruction.

01 Pass, move, collaborate

FINAL SEQUENCE

48-55 min | Consolidation

48-49 min: six teammates cooperate with one ball. Five passes must reach everyone, including the starting ball carrier.

49-54 min: the passer moves; retry after a dropped ball and compare sequences with the previous attempt.

54-55 min: identify a useful choice.



55-60 min | Tidying and reflection

55-57 min: slow walking and tidying.

57-59 min: explain how you made yourself available and which pass helped a teammate.

59-60 min: name one successful behavior and one to retry.

A record to keep

A successful group choice

A behavior to revisit

TEACHER TOOLS



Adapt the task

Easier: Three passes for a point and up to five seconds to decide.

More challenging: Pass to someone other than the teammate who just gave you the ball.

Accessible: Choose an easy-to-grip ball and accessible distances. Agree movement options that allow everyone to catch, choose and participate.



Teacher feedback

Players in a line? Ask where to move to be visible. Possession concentrated? Restart with the aim of involving everyone. Difficult exchanges? Increase distances if possible or try 3 v 2.



Observe and revisit

Indicators:

- Offers a clear line
- Moves after passing
- Communicates and involves others

Next lesson: Return to the basic game and observe the same behavior before adding a constraint.