

BODY & BALL

Toss and Cross

Hoops are placed around the hall enough for 1 per pupil. The pupils have a ball each and move to a hoop. They toss the ball up in the air, above head height and aim for the ball to land in the hoop. If it does, they score a point. The teacher can call out right or left hand and pupils must use this hand to throw. Move around the hall, how many points can you get?

Teaching Points:

- Throwing hand should be above the centre of the hoop
- Palm of hand facing upwards when releasing the ball
- Ball should travel above head height
- Opposite foot to hand should be stepping towards hoop
- Shoes stay outside of the hoop
- Catch the ball above head height with the opposite hand.

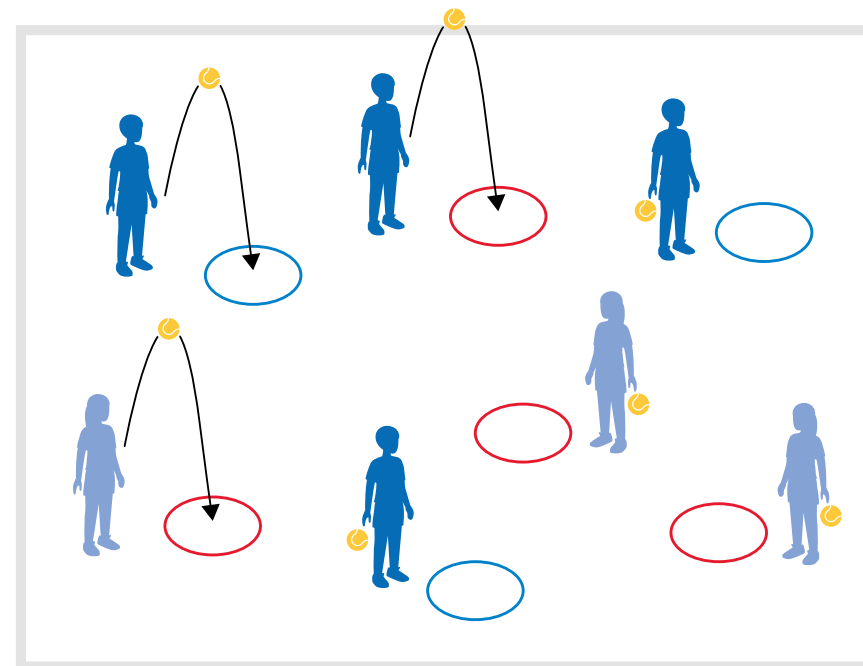
Skill UP

Left hand throws up the ball and right hand catch the ball above head height. Swap hands after a few tries.

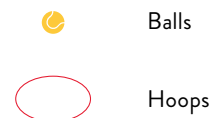
Introducing the upward toss of the ball for serving

10

Example of whole class activity set up:



Equipment:



Activity set up:

