

BODY & BALL

Mix & Switch

Divide the class into 2 teams. The space is divided in half with cones and two different activities take place at once. The pupils work in pairs, within their zone / team.

Team 1: Mix station (in pairs) Pupils 1 faces Pupil 2 a short distance apart (on spots). Both with a ball. They throw the ball to bounce halfway to their partner who catches it, after the bounce. Both balls are thrown at the same time.

Team 2: Switch Station (individually) Each pupil starts in a hoop. A second hoop is placed straight ahead approx. 4m away.

Each pupil has a ball.

Each pupil starts with a giant step forward (lunge), balances in this position and passes the ball under the outstretched thigh from opposite hand to stretched leg, to the other hand (e.g. left leg forward, ball is passed from right hand under left thigh to left hand, right leg forward, ball is passed from left hand, under thigh to right hand). Repeat this action to and from the hoop, practicing the lunge.

Change teams over from Mix Zone to Switch Zone after a few of minutes.

Teaching Points:

Mix:

- Stand in ready position
- Eyes watching the ball
- Cup hands to catch the ball.

Switch:

- Concentrating on moving the ball from right to left hand (vice versa)
- The ball is always passed from the middle, under the leg to the outside of the body.

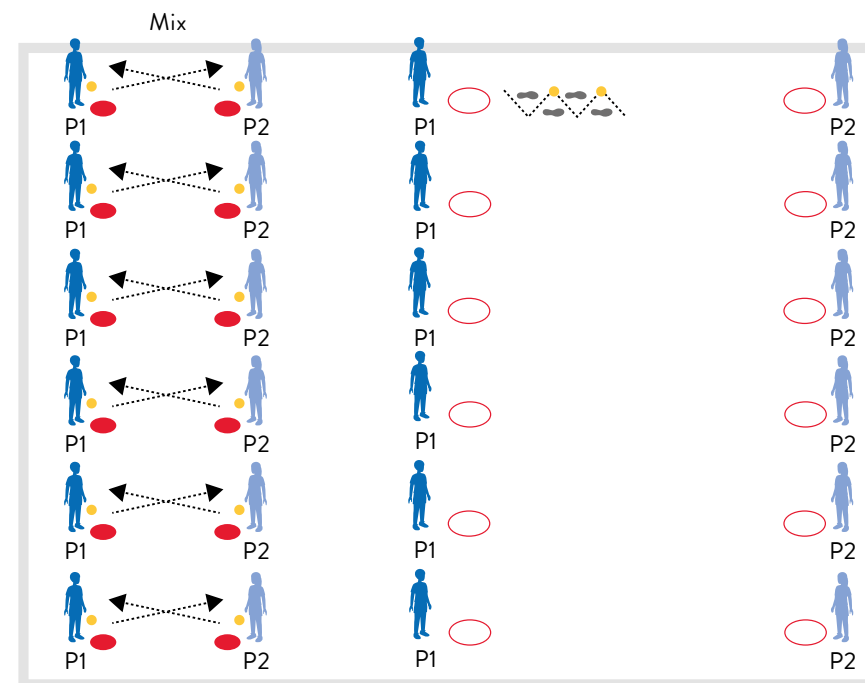
Skill UP

Mix Station – No bounce or throw right hand to right hand, left hand to left hand or right to left, left to right.

Switch Station – Repeat the lunge action and bounce the ball under the leg and catch the other side.

Understanding the bounce of the ball and developing lunges

Example of whole class activity set up:



Equipment:

- Balls
- Throw down spots
- Hoops

Activity set up:

