

BODY & BALL

Through the Legs

Pupils in pairs, standing behind a throw down line. Pupil 1 stands in the ready position. Pupil 2 stands behind Pupil 1 (both pupils facing the same way) with a ball.

Pupil 2 rolls the ball through Pupil 1's legs. Pupil 1 has to run and collect the ball, then underarm throw the ball back to Pupil 1.

Take it in turns to send and retrieve.

Teaching Points:

- Start in the ready position (shoes shoulder width apart, balanced with knees slightly bent)
- Send the ball at a speed that your partner can retrieve
- Retrievers turn and throw from where they stop / catch the ball.

Skill UP

Over the Head.

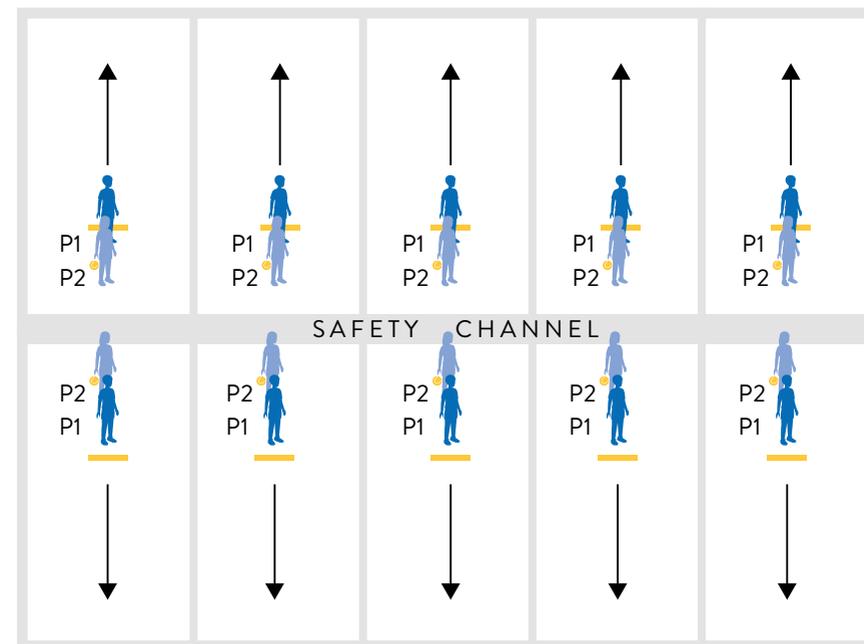
Pupil 2 now throws the ball underarm over Pupil 1's head.

Pupil 1 reacts and chases after the ball to catch it after one bounce.

Developing reactions to a moving ball

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Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines

Activity set up:

