

WARM UP

Walking the ball

Pupils walk around the space with a ball, throw it up with their right hand, let it bounce and catch with either 2 hands or just their right hand.

Repeat 3 times with right hand and then do the same with left hand.

Increase the pace of movement from walking to jogging.

Teaching Points:

- Eyes watching the ball
- Ball to be thrown just above head height to keep the control
- Insist on the shoe patterns with light feet.

Skill UP

Pupils move around the space jumping from a narrow stance to a wide stance (shoes narrow, shoes wide). Repeat 3 times with the right hand and 3 times with the left.

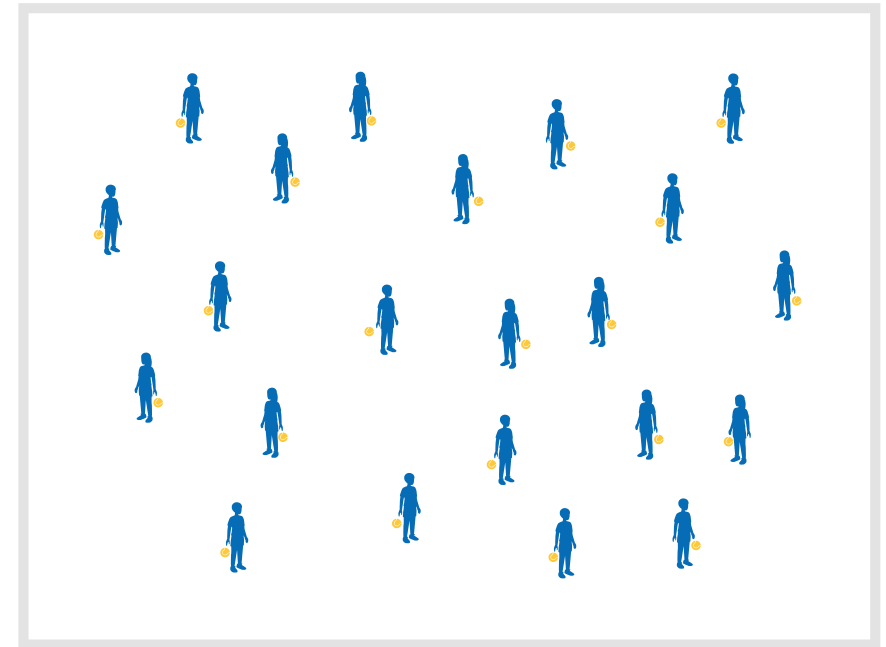
Next the pupils self-select the ball action building a sequence of 5, jumping from narrow to wide between each ball action e.g. Throw up and catch without a bounce, with a bounce, pat it down with right hand, with left hand etc.

Pupils repeat their sequence.

Developing competence in movement using sequences

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Example of whole class activity set up:



Equipment:

 Balls

Activity set up:

