

SKILL APPLICATION

Planet Earth Defenders

Split the class into 2 teams. Team 1 are the attackers (aliens attacking Earth) and stand along a row of spots with a bucket of sponge balls on their side of the space.

Team 2 are the defenders (Defenders of Earth) and are on the other side of the space in the ready position. Behind Team 2 there is a row of cones each with a ball placed on the top (Earth). In front of Team 2 are throw down lines marking the length of the space. Team 2 must stay between the cones and the throw down lines (in the ozone layer).

On the call "Go" Team 1 takes a sponge ball, stands on a spot and rolls a ball with the aim of trying to knock the ball off the cone. Encourage pupils to alternate using right and left hands.

Team 2 defend their cones by stopping / catching the balls and rolling them back.

Switch over after a set time or when all the balls have been knocked off the cones.

Teaching Points:

- Use right and left hands to roll and defend the ball
- Straight arm to roll the ball
- Opposite shoe steps forward when rolling
- Side stepping action when defending
- Stop the ball in front of the shoes when defending.

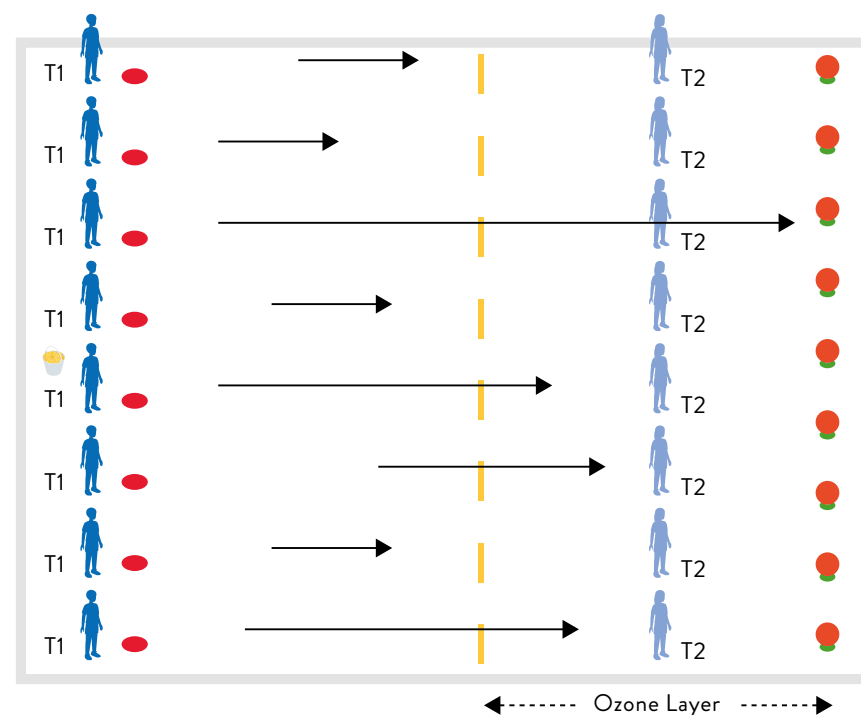
Skill UP

Team 2 now have a racket and Team 1 may throw the ball underarm. The ball should still be rolled back.

Aiming at targets and applying simple tactics in a competitive game

07

Example of whole class activity set up:



Equipment:

- Large balls
- Balls
- 🏸 Rackets
- Throw down lines
- Throw down spots
- 🍷 Cones