

WARM UP

Colour Play

Working in pairs. Both pupils stand behind a throw down line with two spots placed a short distance in front of them about 1m apart (red spot to the right, blue spot to the left). Pupils start in their ready position, then Pupil 1 chooses which spot to run to, touches that spot, then recovers back behind the line. If they go to the right (red) spot then they use their right hand, and if the left (blue) spot they use their left hand to touch the spot. Pupil 2 copies Pupil 1.

Repeat several times.

Pupil 1 stands on the line in the ready position. Pupil 2 calls the colour of either spot and Pupil 1 responds as quickly as possible by running forward and touching the spot, then recovering back to the line. Pupil 1 then calls the colour for Pupil 2 who runs forward touches the spot and recovers back. Repeat.

Teaching Points:

- Ready position: Shoes shoulder width apart on the throw down line, knees slightly bent, body balanced
- Stepping forward towards the spot with the opposite shoe to hands
- Bent knees getting low to touch the spot
- Hand must be in front of shoes when tapping back
- Roll must be along the floor.

Skill UP

Pupil 1 moves to face Pupil 2 with the 2 spots half-way between them. Pupil 2 places a throw down line in a vertical position and stands with their shoes on either side.

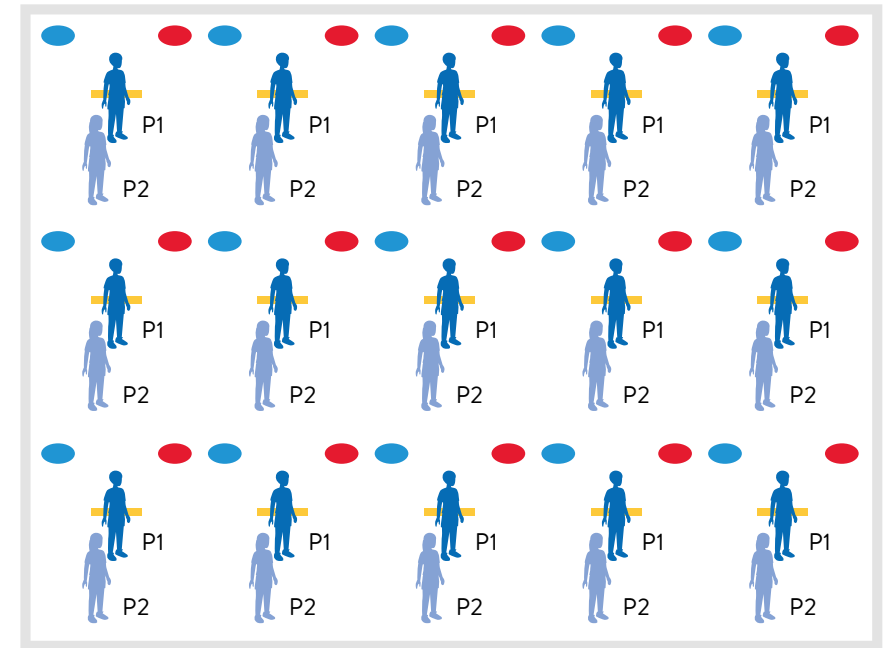
Pupil 1 rolls the ball towards either of the spots e.g. red or blue. Pupil 2 reacts to the roll and moves to the selected spot and taps it back with the corresponding hand e.g. if rolled to red spot, pupil taps back with red hand.

Repeat and after 10 goes, switch over roles.




Developing right and left hand confidence with direction

07

Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines
-  Throw down spots

Skill UP

