

WARM UP

Clap & Catch

Pupils have one ball each and a spot on the floor. They throw the ball in the air and catch it. Drop the ball on the spot and catch it. Then introduce different sequences:

- Throw up and catch
- Drop on spot, bounce and catch
- Throw up, bounce on the spot, catch
- Throw up, bounce, clap, catch
- Throw up, bounce, clap twice, catch
- Throw up / drop down, bounce, touch a part of the body, catch.

Teaching Points:

- Control the flight of the ball
- Watch the flight of the ball
- Start in the ready position
- All pupils are standing shoes side by side
- Clear communication.

Skill UP

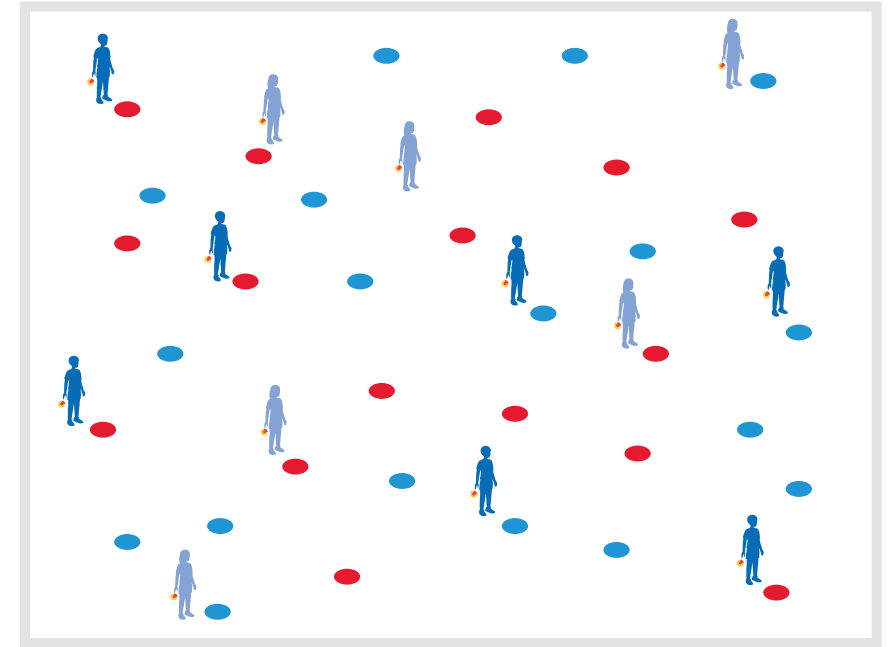
Pupils in pairs with 1 spot and 1 ball.

They take it in turns to catch the ball in a continuous sequence e.g. Pupil 1 throws upwards, and calls a body part for their partner to touch, the ball bounces and Pupil 2 catches the ball after performing the action. Follow similar sequences as above.

Throw, catch, bounce sequences

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Example of whole class activity set up:



Equipment:



Balls



Throw down spots

Activity set up:

