

WARM UP

Criss Cross Catch

Pupils in 4s.

Place a cross on the floor using 4 throw down lines. Each pupil stands in one of the mini squares; Pupil 1 is diagonally opposite Pupil 2, and Pupil 3 is diagonally opposite Pupil 4. 1 ball per group.

Pupil 1 throws the ball diagonally to Pupil 2, who throws it down the line to Pupil 3, who then throws it diagonally to Pupil 4. Pupil 4 throws the ball down the line back to Pupil 1.

Repeat and see how many times they catch the ball in a row.

Teaching Points:

- Work as a team to a build rhythm
- Stand in the ready position
- Watch the ball at all times.

Skill UP

Repeat using right hands only.

Each time pupils make 8 catches all pupils take a step back. If pupils don't make 8 catches they take a step forwards.

Repeat using left hands only.



Throwing and catching, building rhythm and sequence

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Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines

Activity set up:

