

BODY & BALL

Lily Pond

Pupils work in pairs.

Spots and hoops are placed around the space.

Half the pairs work on a spot and half with a hoop.

Each pair has a ball.

At spots pupils throw the ball down to bounce on the spot then their partner catches it – drop, bounce, catch sequence.

At hoops pupils throw the ball up to land in the hoop, then their partner catches it – up, bounce, catch sequence.

Pupils switch over from spots to hoops and vice versa.

Teaching Points:

- Throw ball underarm just above head height at hoop
- Throw the ball down on spots
- Encourage catching with 2 hands
- Eyes track the ball.

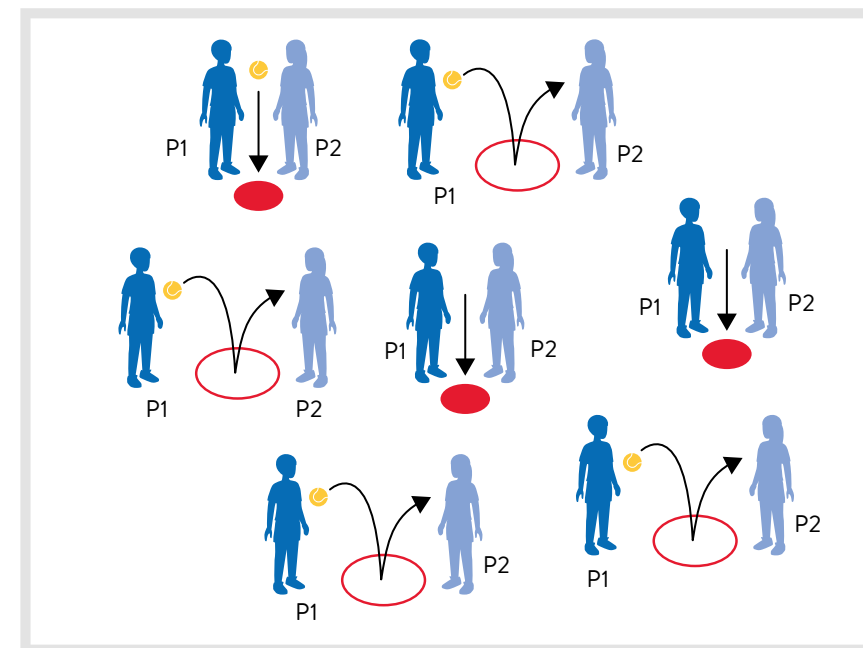
Skill UP

In pairs, pupils move around the space selecting whether they go to a hoop or spot. They throw down at spots for their partner to catch, and throw up at hoops.

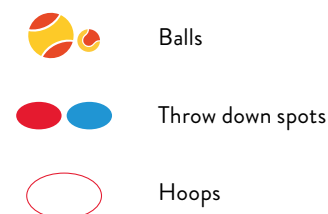
Developing throw and catch sequences in pairs

05

Example of whole class activity set up:



Equipment:



Activity set up:

