

BODY & BALL

Puma Play

Working in pairs.

Pupil 1 starts in the ready position facing forward, with 2 spots (different colours) approx. 2m in front of them, 1 placed to the right and the other to the left.

Pupil 2 stands behind Pupil 1, and rolls a ball towards either the right (red) or left (blue) spot using the right or left hand as appropriate.

Pupil 1 runs to collect the ball.

Repeat 3 times and then switch roles.

Teaching Points:

- Start in the ready position
- Use corresponding hand to spot i.e. right to right, left to left
- Roll the ball at the right speed for your partner
- Bend low to stop the ball
- Low to high underarm throw.

Skill UP

Pupil 1 now throws the ball, using an underarm throw over Pupil 2's head towards the right or left spot aiming to bounce on the spot.

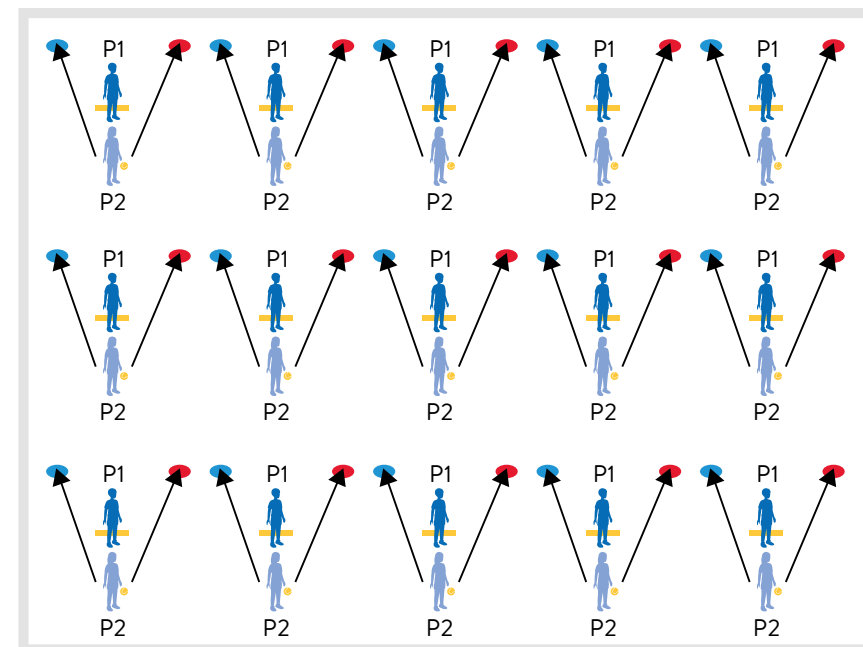
Pupils 2 runs and catches the ball after it bounces.

3 goes each and switch rolls. Repeat.




Introducing aiming at targets and developing reactions

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Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines
-  Throw down spots

Activity set up:

