

BODY & BALL

Roll & Recover

In pairs with 1 line each. Pupils start facing each other, shoes touching. They take 2 big steps backwards and place their own line on the floor and stand behind it. They place a throw down spot in the middle between their lines.

1 large ball per pair.

Pupil 1 rolls the ball to Pupil 2 over the spot. Pupil 3 stops the ball and rolls it back.

Repeat.

Guide the pupils through using a similar pattern as with the shoes.

- Send with both hands, receive with both hands
- Send with right (red), receive with right (red)
- Send with left (blue), receive with left (blue).

Teaching Points

- Eyes tracking the ball
- Stand side on to roll the ball with opposite shoe to hand rolling with i.e. left shoe and roll with right (red) hand, or right shoe forwards and roll with left (blue) hand
- Whole arm swinging towards partner
- Knees slightly bent when stepping forward.

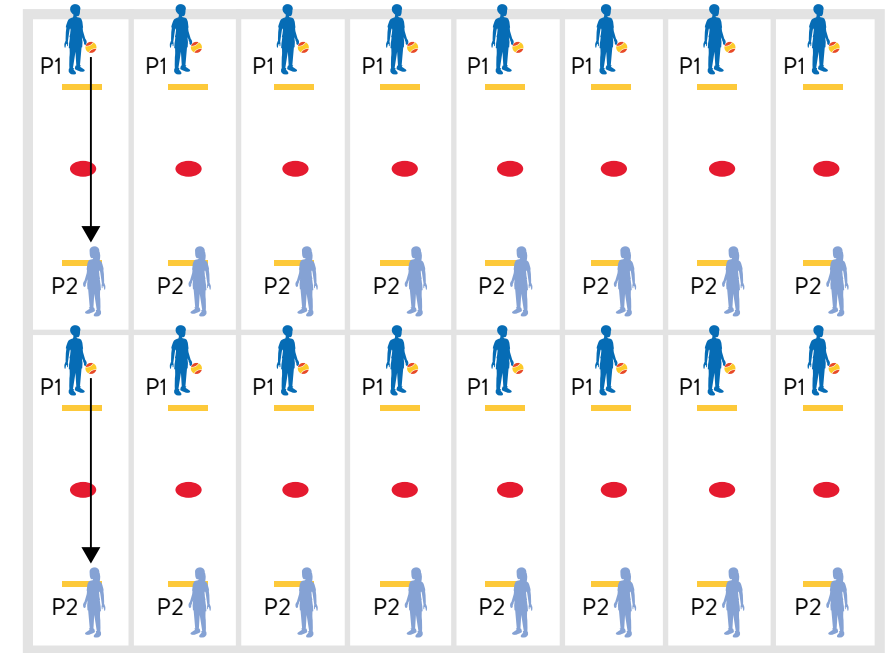
Skill UP

If the ball rolls over the spot the pupil takes a step backwards and replaces their line behind their heels gradually increasing the distance between them and their partner. If the ball does not roll over the spot, the pupil takes a step forward moving their line accordingly. Pupils may now be a different distance from the spot compared to their partner.




Introducing rolling and receiving a ball

01

Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines
-  Throw down spots

Activity set up:

