

BODY & BALL

Drop & Catch Ladders

Throw down spots (2 different colours) and throw down lines are placed in 6/8 channels (right spot, left spot, line) across the room. Pupils are in teams and follow each other to move up their ladder and return to the start.

Each pupil has a ball.

Pupils execute a double handed bounce of the ball on the spot and catch it and jump with 2 shoes outside of line.

Bounce, bounce, 2 shoes sequence.

When they come to the right hand spot they throw the ball up in the air using their right (red) hand and try to bounce the ball on the spot. Catch the ball with two hands, then move to the left spot, where they throw the ball up using their left (blue) hand.

Up, bounce, catch sequence.

Teaching Points:

- Ready position with shoes either side of the line
- Use right hand on right spot, and left hand on left spot
- Throw the ball to head height
- Cup hand underneath the ball to catch it.

Skill UP

Pupils now use their hand as a racket.

Pupils drop the ball on the spot, let it bounce, tap the ball up using the palm of their hand, then catch the ball in two hands after it bounces a second time.

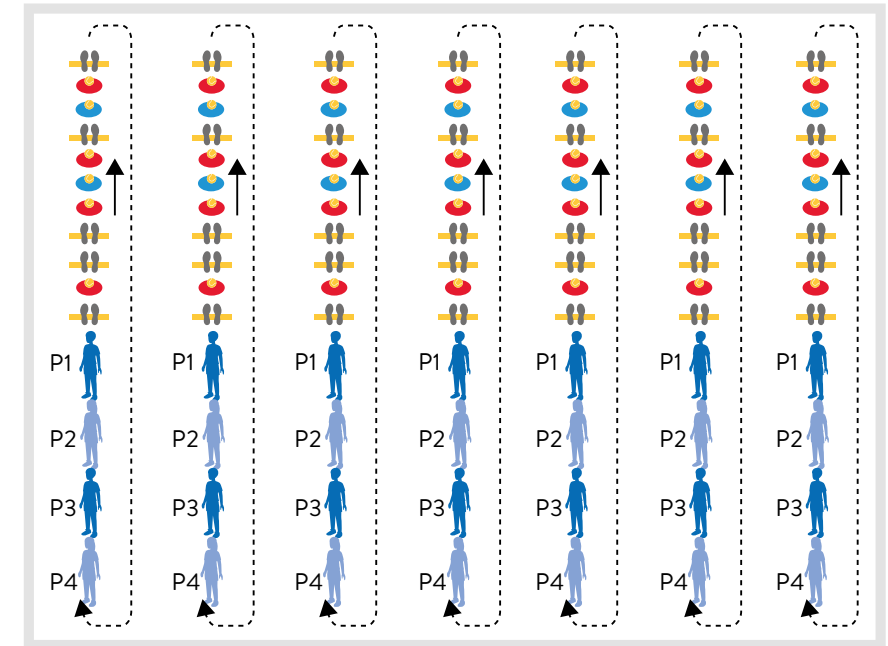
Up, bounce, tap up, bounce, catch sequence.

Change hands according to the colour of the spot. Drop with red hand, tap up with blue hand and vice versa.




Connecting foot patterns with the ball bouncing and throws

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Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines
-  Throw down spots

Activity set up:

