

# BODY & BALL

## Ace Slam

Pupils work in 4's. Pupil 1 and Pupil 2 stand either side of the net on a throw down spot, 1m from the net. Pupil 3 stands at the net holding a hoop vertically creating a target space for the ball to pass through. Pupil 4 stands behind Pupil 2 on a throw down line (approx. 1m behind).

Pupil 1 throws a ball with their preferred hand underarm towards Pupil 2 aiming to throw the ball through the hoop. Pupil 2 catches the ball without it bouncing and throws it back overarm above the hoop back to Pupil 1. Pupil 2 and 4 swap places. Pupil 4 moves forward to the spot ready to receive the ball. Pupil 1 throws underarm through the hoop, Pupil 4 catches and throws overarm above the hoop back to them. Pupil 2 and 4 swap places again. After Pupil 1 throws 4 times, all pupils swap roles. Pupil 3 at the net can move the hoop up / down to help guide the ball through the hoop.

### Teaching Points:

- Pupil 1: underarm throw with swinging arm aiming towards the hoop
- Eyes track the flight of the ball
- Recover into the ready position so ready to receive the ball.

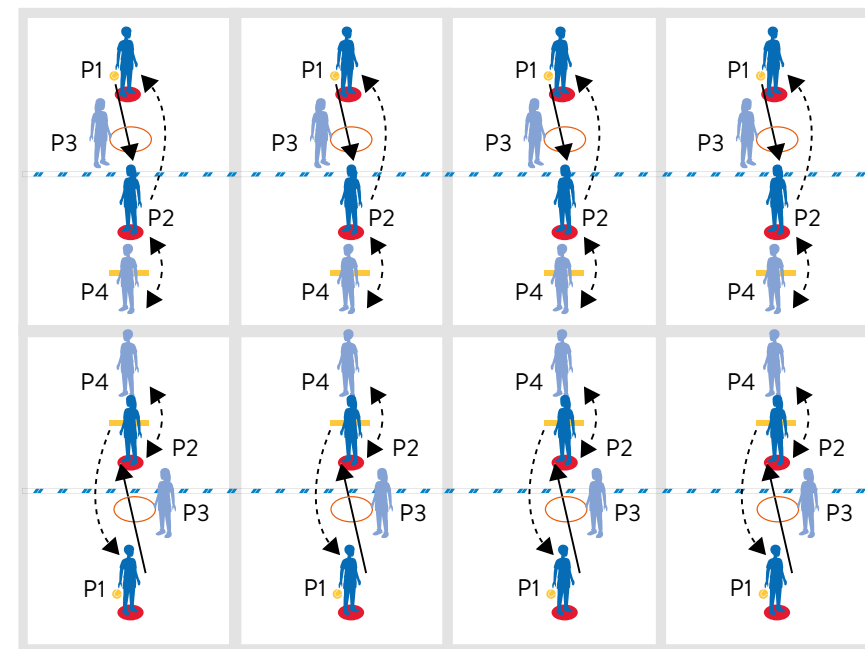
### Skill UP

Pupils step back so the spot is now in front of them. When throwing the ball the aim is to land the ball on the spot, and pupils catch the ball after one bounce. Pupil 1 still throws underarm through the hoop; Pupil 2 and 4 throw overarm over the hoop. Pupils should throw the ball from where they catch it. Swap roles as before.





## Tracking the flight of the ball

# 15

### Example of whole class activity set up:



### Equipment:

-  Balls
-  Throw down lines
-  Throw down spots
-  Hoops
-  Barrier tape (net)

### Activity set up:

