

ARCTIC EXPLORERS

BODY & BALL:

Snowball Bounce

Set the scene:

“Let’s bounce our snowballs.”



Brain focus
activities:



Equipment:



Balls (one per child)



Spots (one per child)

How to Play:

- Each child sits on a spot and has a ball (snowball).
- Children drop the ball and catch it after one bounce i.e. drop, bounce, catch.
- Repeat several times.
- Progress to standing and repeating the drop and catch.

TEACHING POINTS:

- Hold ball out in front at shoulder height when sat down or waist height when stood up.
- Drop / let go of the ball.
- Watch the ball.
- Catch with two hands cupping together under the ball.
- Children can say the cues to help with timing: drop, bounce, catch.

SKILL UP:

- Progress to continuous bouncing / using the palm of the hand to tap the ball down. Tap the snowball down 2 times before then catching. Keep the ball in front of the body and control the rhythm using cues if helpful.



SEE IT IN ACTION