

WARM UP

Rock Drop

In pairs in a small area (car parking bay size) with 1 ball.

Pupil 1 and Pupil 2 start opposite each other.

Pupil 1 throws the ball underarm into a space, in any direction and Pupil 2 has to catch it after 1 bounce.

Pupil 2 then throws and the rally continues.

Keep repeating.

Teaching Points:

- Aim towards space
- No contact
- The throw must be underarm and travel above head height.

Skill UP:

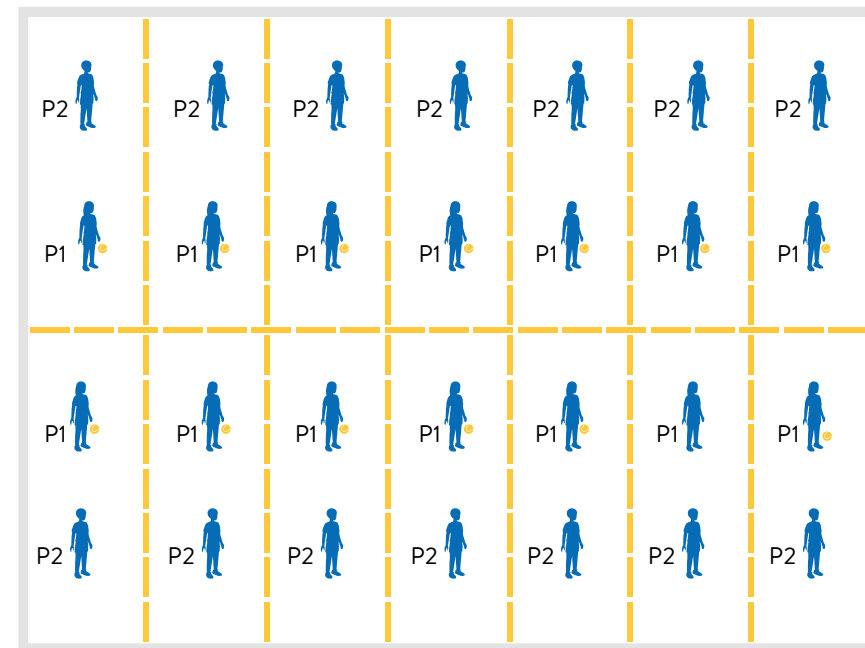
Add in scoring – if miss the ball or can't catch after 1 bounce the other person scores a point.



INTRODUCING PLAYING INTO THE SPACE

16

Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines

Activity set up:

