

BODY & BALL

ACE SLAM BATTLE

In pairs, with a cone between them with a larger ball balancing on the cone. A throw down line each can determine how far apart they are positioned. Pupil 1 has a ball and both pupils start behind a throw down line.

Working as a pair, pupils throw underarm, from behind their throw down line and keep count how many times they can hit the larger ball in a fixed time.

Teaching Points:

- Start in ready position
- Palm of hand and fingers point towards the cone when throwing
- Sideways on when throwing with opposite shoe forward to throwing hand.

Skill UP:

Each pupil now has a ball and throws at the same time as their partner.

How many times can you hit the ball as a pair?

Alternatively, divide the class into two teams who stand opposite each other in two long rows down the middle of the space. Each pupil has a ball and faces outwards towards the edge of the space (backs to the other team). Throw down lines can be used to create a throwing line for each team. Along the two outer sides of the space are cones with larger balls balanced on top.

On 'go' the pupils throw the balls underarm, aiming to knock the larger balls off the cones on their side of the space.

Score a point per ball they knock off, play for 2 minutes or which team knocks all the balls off first?

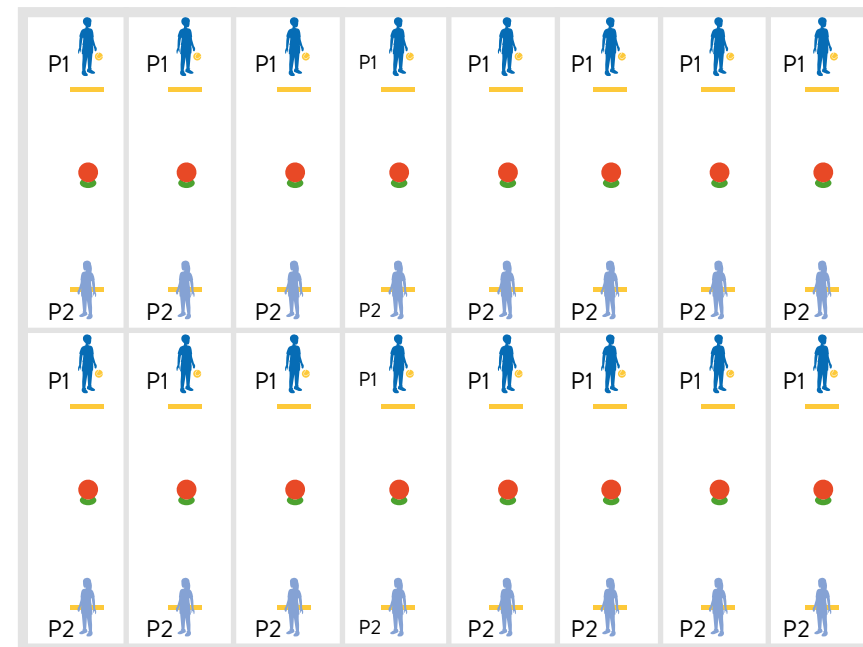


SCAN TO SEE THE ACTIVITY

DEVELOPING AN UNDERSTANDING OF BALL FLIGHT WITH TARGETS

09

Example of whole class activity set up:



Equipment:

- Sponge balls
- Large balls
- Throw down lines
- Cones

Activity set up:

