

4.Call the Ball

Description

Set out a starting line and a finishing line in the playing area using cones. Arrange pupils in 4 groups behind the starting line with a ball each. On a signal, invite the first pupil in each group to sprint towards the finishing line. On another signal, pupils must come to a complete stop as quickly as possible and complete the challenge that is called out, e.g. when they hear 'head on the ball', they must come to a complete stop, put their ball on the ground, touch their head to it and freeze. Pupils perform this balance until invited to continue running.

Suggestions for challenges:

- sit on ball and balance
- one foot on the ball and balance
- one hand on the ball and balance
- one elbow on the ball and balance
- one knee on the ball and balance
- move the ball on the floor between your ankles
- move the ball around your waist
- spin the ball on your finger
- balance the ball on your tummy, back or between your knees.

Equipment

- A tennis ball, cones or spot markers.

Variations

- Vary the locomotor skill used to travel across the playing area.
- Invite pupils to move while balancing the ball on a particular body part.
- Invite pupils to complete a progression balance – passing the balance from 1 body part to another, e.g. progress from balancing the ball from shoulder to knee without use of hands.

