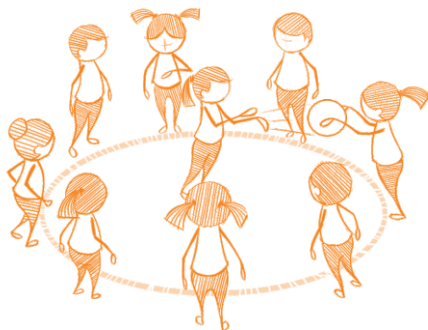




Description of Activity

Arrange pupils in groups of eight to ten and invite them to form a circle. The leader stands in the centre of the circle with a ball. The leader throws their ball to a pupil in the circle, who throws it back to them, and this action continues around the circle in a clockwise direction until every pupil has had a turn. After the last turn, the leader gives the ball to the next pupil and the activity continues until each pupil has had a turn as leader.



Variations

- Pupils balance on one leg after throwing the ball back to the leader.
- Pupils complete three jumps for height after they have thrown the ball back to the leader.
- Invite two leaders to stand back to back in the centre of the circle. The game continues as before, but now the passes must be completed at a faster pace.
- Increase or decrease the size of the circle.
- Vary the manipulative skill used to move the object, eg. kicking, striking with an implement, striking with the hand etc.

Equipment

An open playing area, balls of various sizes



- Pupils awaiting a turn should extend their hands outwards in anticipation of the ball.
- Pause the activity at intervals to focus on the specific teaching points for throwing in the lesson. Invite a pupil to demonstrate correct technique, and then return to the activity. Provide feedback to individual pupils as they practise throwing during the activity.
- Emphasise the importance of teamwork and cooperation - a good throw is necessary for a good catch!



- Practise throwing at home using a teddy bear. Investigate whether this is easier or more difficult than throwing a ball.



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