

Description of Activity

Arrange pupils in two groups. Each group consists of two circles with approximately three pupils in the inner circle and twelve in the outer circle. All three pupils in the inner circle start with a ball and face out towards the larger circle. Those in the inner circle throw the ball to the pupil directly opposite them in the outer circle who pass it back immediately. The outer circle pupils side step clockwise in unison.

Pupils continue throwing to each other while the outer circle continue side stepping clockwise. The teacher may choose to maintain the same throwing/rotating order or alternate it.



Variations

- Speed up or slow down the side stepping to suit the ability of the group.
- Try other ways to pass the ball, e.g. overhand throw, underhand throw or kick pass.
- Adjust the distance between the circles depending on skill level.

Equipment

An open playing area, balls



- Encourage pupils to keep their eyes open, watching for balls from other pupils.
- Focus on side stepping correctly and not crossing legs to step sideways.
- Encourage pupils to call the name of the person to whom they are passing.



- In pairs, practise throwing and catching while side stepping around the yard. Time how long can you keep going without dropping a ball.



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