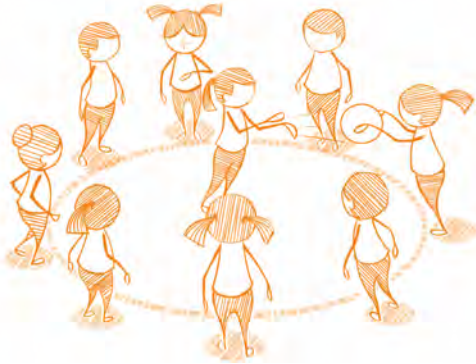




Description of Activity

Arrange pupils in groups of eight or ten, standing in a circle with one pupil (the leader) in the middle. The leader throws the ball to a pupil in the circle, who throws it straight back. The leader then throws to the next pupil and continues around the circle in a clockwise direction until everyone gets a pass.



Variations

- Invite each circle to race against each other, passing around the circle once or twice.
- Increase to two leaders standing back to back in the same circle with the aim being for one ball to catch up and get within one pupil of the other ball to win.
- Extend the circle and adapt the FMS to kicking.
- Pupils (except leader) perform a simple task after receiving the ball, e.g. five star jumps.

Equipment

One/two balls per group



- Ensure pupils are arms distance apart.
- To manage the activity invite pupils to call the name of the person they are passing to, hold their hands up high to receive the ball and put their hands by their sides after they have received the pass.
- Invite pupils to sit on the ground after their turn to clarify which group wins.



- In your PE journal, list five sports that use the skill of catching.



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