

Name of Activity: Roller Ball

Target Age Group: J1/S1

FMS Category Addressed: Manipulative,

Skills Addressed: Throwing, Walking

Equipment needed: An open playing area, balls of various sizes, cones, hoops, skittles or bottles, ropes and chairs, smooth hard play area

Description of activity

Arrange pupils in groups of five with one ball per group. Invite each group to find a space in the playing area and to form a circle. Invite pupils take turns to roll the ball to each other around the circle. After a set amount of time, give each group three cones and invite them to scatter the cones in the centre the circle. Pupils continue to take turns rolling the ball to each other around the circle, taking care to a) avoid the obstacles or b) hit the obstacles in the centre. After successfully passing the ball to each pupil in the circle, pupils take a step back to increase the size of the circle. Set a time limit of thirty seconds and invite pupils to count how many roll passes they can complete during that time.

Variations

- Vary the method of throwing, e.g. underarm throw, overarm throw, chest pass, bounce pass etc.
- Vary the movement used to manipulate the ball, e.g. kicking, striking with the hand, or striking with an implement.

Tips

- Ensure there is adequate space between the groups to roll and throw safely, and that groups are not throwing across the path of another group.
- Pause the activity at intervals to focus on the specific teaching points for throwing in the lesson. Invite a pupil to demonstrate correct technique, allow the pupils to practise in pairs, and then return to the activity. Provide feedback to individual pupils as they practise throwing during the activity.

Take Home

At home, design a playground game that involves rolling a ball. Practise it with your friends.

Integration: Games, Athletics, Gymnastics

Name of Warm up Activity: Cats in the Corner

Target Age Group: First/Second

FMS Category Addressed: Locomotor/Manipulative

Skills Addressed: Throwing, dodging, throwing

Equipment needed: An open playing area, cones, basket of beanbags or foam balls

Description of activity

Use cones to set up a square playing area. Invite two pupils (the throwers) to stand in the centre of the square with a large basket of beanbags or foam balls. The remaining pupils (cats) stand in the corners of the square in safe zones marked out using cones. When the throwers call 'Cats in the Corner!' the cats have to run from one corner to another without getting hit by a beanbag. They can run in any direction including diagonally across the square. Any pupil hit by the thrower must freeze on the spot, until they are freed (tagged) by another cat.

Variations

- Vary the locomotor skill used by the cats to travel around the space, e.g. hopping, skipping or side stepping.
- Increase or decrease the size of the square
- Add extra 'safe zones' within the playing area.
- Throwers roll balls instead of throwing beanbags.

Tips

- Pupils must throw gently below knee height using soft foam balls or beanbags.
- 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!

Take Home

- Play throwing games in the yard.

Integration: Games, Athletics, Gymnastics