

**Name of Activity:** Rock Around the Clock

**Target Age Group:** First/Second

**FMS Category Addressed:** Manipulative

**Skills Addressed:** Striking with the hand, catching

**Equipment needed:** An indoor or outdoor hard surface area with boundary walls, a variety of different types of balls (foam balls, tennis balls, bouncy balls)

### **Description of activity**

Give a ball to each pupil and invite them to find a space along the wall, ensuring there is a gap of two metres between them and the pupils either side. Invite pupils to position themselves three metres back from the wall, standing side on, with their non-striking side closest to the wall. Invite the pupils to practise striking the ball against the wall using the palm of their hand and catching it again. Once the technique is established invite each pupil to hit each hour on an imaginary clock on the wall, catching the ball after each strike.

### **Variations**

- Pupils may aim for any hour on the clock, or start at one o'clock and work their way around.
- If space and equipment is limited, arrange the pupils in pairs and invite them to take turns against the wall. One pupil can practise hand to hand passing using a beanbag while the other is playing Rock the Clock, or one pupil could set different targets for their partner e.g. hit the fifth block up from the ground.
- Vary the size, type and weight of the ball.

### **Tips**

- Ensure pupils are comfortable striking the ball at the wall before introducing targets.
- Pause the activity at intervals to focus on the specific teaching points for striking with the hand in the lesson. Invite a pupil to demonstrate correct technique and then return to the activity. Provide feedback to individual pupils while they perform the striking action during the activity.

### **Take Home**

- Use chalk to draw a clock on an external wall at home, and practise striking a ball against it. Ask a grown-up to help you.

*Integration: Games*

**Name of Activity:** Cross Body Strike

**Target Age Group:** J1/S1

**FMS Category Addressed:** Manipulative

**Skills Addressed:** Striking with the hand, balancing

**Equipment needed:** An indoor or outdoor hard surface area with boundary walls, mini footballs (size four)

### **Description of activity**

Give each pupil a cone and ask them to position it one metre away from the boundary wall. Ensure there is at least two metres of space between pupils either side. Give each pupil a football and invite them to stand side on to the wall at their cone with the shoulder of their non-striking hand pointing towards the wall. Pupils strike the ball across their body against the wall and catch it on the rebound. After a designated amount of time, invite pupils to complete a number of continuous strikes without catching the ball.

### **Variations**

- Invite pupils to practise striking using alternate hands, or to practise using a closed fist.
- Increase the distance between the pupil and the wall.
- If equipment is limited, arrange pupils in pairs and practise passing the ball across the body with the hand to each other.

### **Tips**

- Encourage pupils to strike through the ball rather than down to the ground, utilising a sweeping follow through.
- Pause the activity at intervals to focus on the specific teaching points for striking with the hand in the lesson. Invite a pupil to demonstrate correct technique and then return to the activity. Provide feedback to individuals while they perform the striking action during the activity.

### **Take Home**

- In your PE journal, draw a picture of your hand position for a) the open hand strike and b) the closed fist strike. Practise both of these at home using a ball and an external wall, or ask a family member to play with you.

*Integration: Games, Gymnastics*