

Name of Activity: Balance Ball Obstacle Course

Target Age Group: J1/S1

FMS Category Addressed: Manipulative/Locomotor

Skills Addressed: Striking with an implement, balancing, walking, running

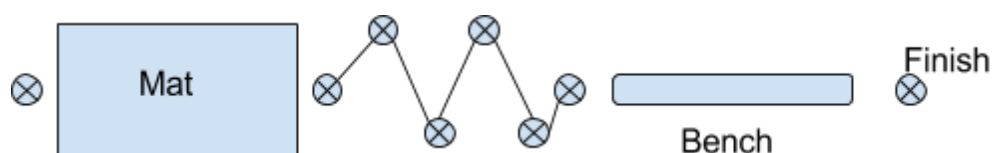
Equipment needed: An indoor, hard surface playing area, bats, balls, cones, spot markers, gymnastic mats, benches,

Description of activity

Use mats, cones, spot markers and benches to set up a series of obstacle courses in the playing area, such as the one shown in the image. Arrange pupils in groups at each course, and place a bat and a ball at the start of each course. Pupils must take turns to navigate the obstacle course while balancing their ball on the bat.

Suggestions for obstacle course actions:

Balance the ball on the bat while you shuffle on your knees along the mat, stand up, step from spot to spot, run around the cones, step up onto the bench, walk along the bench, step down off the bench, run back to the start and hand the bat to the next pupil - all without dropping the ball. Pupils then join the back of the next group and complete a different obstacle course.



Variations

- Use beanbags instead of balls.
- Invite pupils to hold the bat with both hands or one hand only.
- Invite groups to design and create their own obstacle course. Allow each group to try the other group's courses.

Tips.

- Remind pupils to exercise caution when stepping up onto and down off the bench. Safety mats can be placed either side of the bench.
- Assign a helper (the next pupil in line) to assist the other pupil as they navigate the course.

Take Home

- In your PE journal, draw your own obstacle course.

Integration: Games, Outdoor and Adventure

Name of Activity: Bus Stop

Target Age Group: First/Second

FMS Category Addressed: Manipulative

Skills Addressed: Striking with an implement, running

Equipment needed: An indoor, hard surface playing area, cones, unihoc stick and unihoc puc (or other striking implements and objects) spot markers, hoops or chalk,

Description of activity

Arrange pupils in groups of three with one unihoc stick and one puc per group. Set up a bus route for each group using hoops, spot markers or chalked circles in a straight, curved or zig-zag line, numbered one to six. Pupils take turns to dribble the ball from the starting cone around the bus route stopping for three seconds at each bus stop (this must be counted out loud). When the pupil gets to the last bus stop, they pass the puc back to the starting line, run back to their group and hand the stick over to the next pupil in line. The task is repeated by each pupil until every pupil has completed the bus route.

Variations

- Vary the action carried out at the bus stop, e.g. the pupil may carry out a roll lift with a hurley, or balance the puc on the unihoc stice etc.
- Increase or decrease the number of bus stops on the route, or the distance between stops.

Tips.

- Pause the activity at intervals to focus on the specific teaching points for striking with an implement 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

- Practise stopping the ball at home using an implement.

Integration: Games