



Ball Skills Lesson 1

Learning Objective:

I can explore different ball handling skills

Warm Up

Can you do the following warm up activities for 20 seconds?

- Jumping Jacks
- Walking knee hugs - walk around raising the knee with each step up to hip height and 'hug' it with both arms pulling toward your belly or chest
- Arm Circles - make sure to go in both directions to warm up the shoulder joints
- Squats - how low can you squat?

Main

What can you do with your ball? Can you...

- Bounce it with one or two hands
- Roll the ball up your body using one or two hands
- Balance the ball on one hand with palm facing up and outstretched arm. Can you move your arm around without dropping the ball?

Challenge 1: How many times can you catch and throw your ball without dropping it? Try throwing and catching to your parent, brother or sister.

Challenge 2: Can you roll your ball towards a target and then run ahead to catch it before it reaches the target?

Challenge 3: Can you bounce your ball once towards your parent, brother or sister for them to catch?

Cool Down

Walk on the spot, moving arms in a gentle swinging motion

Touch shoulders with hands, then reach up over head. Repeat 5 times

Sit with legs outstretched. Lean forward and try to touch your toes. Hold for 20 seconds. Repeat 3 times.