



Ball Skills Lesson 3

Learning Objective:

I can stop a rolling ball; develop coordination skills.

Warm Up

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

- Leg Swings - swing your leg forwards and backwards slowly. Repeat with other leg.
- Jogging on the spot.
- Wall push ups - do a push up against a wall (be careful you do not hit the wall with your head)
- Cross Crawl - Hold one arm out in front of you with your index finger pointed. Draw the number 8 with one hand. Change arms. Can you draw a different number?

Main

Challenge 1: Practise rolling your ball towards a target like last week. How many times can you hit the target? Do you think your skills at aiming have improved? How do you know?

Challenge 2: Ask someone to roll a ball towards you and stop it with your hands. Can you stop it with your feet? Can you stop it with any other part of your body? You could also do it on your own by rolling the ball towards a wall hard enough for it to rebound back.

Challenge 3: Mark out 3 targets in a line. Roll your ball towards the first target, run ahead and stop it with your hands before it reaches the target. Roll your ball towards the next target, run ahead and stop it with your feet before it reaches the target. Repeat with target 3, using a different part of your body

Cool Down

Clasp hands behind the back and lift as high as possible keeping the arms straight.

Bend right leg and pull foot towards bottom with the left hand and hold for 5 seconds. Repeat with left leg.

Lie on your back, flat on the floor, eyes closed. Focus on taking a deep breath in slowly and then out slowly.