

Objectives



- To select and link movements together to fit a theme.
- To begin to compare my movements and skills with those of others.
- To explore and describe different movements.
- To respond differently to a variety of tasks.

Learning Points



Creative

- Try lots of different movements and think about how you are using your body and the equipment.
- Think about different parts of the body and how they move when comparing movements and skills.
- Try to come up with ideas to make activities more fun, challenging or different.

Coordination Ball Skills

- Focus on maintaining good balance throughout.
- Move the ball with your fingertips.
- Perform the movements smoothly and then gradually increase your speed.

Fundamental Movement Skills Focus



Skill – Coordination Ball Skills (FUNS Station 9)

- Sit and roll a ball along the floor around my body using 2 hands/ 1 hand. Yellow
- Sit and roll a ball down to my toes and back up, then around my upper body using 2 hands.
- Stand and roll a ball down to my toes and back up, then round my upper body using 2 hands.

- Sit and roll a ball up and down my legs and round my upper body using 1 hand. Green
- Stand and roll a ball up and down my legs and round my upper body using 1 hand.

Skill - Counter balance with a partner (FUNS Station 7)

- Sit holding hands with toes touching, lean together then apart. Yellow
- Sit holding 1 hand with toes touching, lean in together then apart.
- Sit holding hands with toes touching and rock forwards, backwards and side-to-side. Green
- Hold on and, with a long base, lean back, hold our balance and move back together again.

Key Vocabulary

Creative	Make something new or your own version of an idea.
Increase speed	Get quicker at a movement or action.
Coordination	Control movements of each body part together at the right time
Counter balance	To hold a balance with a partner by leaning together or apart

Success

- Maintaining control of the ball
- Able to work ball in both directions
- Smooth movements with the ball



Review Questions

Where and how have you practised your ball skills?



How can practising our ball handling help in different sports?