

Objectives



- To begin to compare movements and skills with those of others.
- To select and link movements together to fit a theme.
- To respond differently to a variety of tasks.
- To make up rules and versions of activities.
- To recognise similarities and differences in movements and expression.

Learning Points



Creative

- Think about different parts of the body and how they move when comparing movements and skills.
- Think about movements and skills that fit together effectively.
- Try to come up with ideas to make activities more fun, challenging or different.

Coordination Sending and Receiving

- Keep your eyes focused on the ball.
- Move your feet to get in line with the ball when receiving. Try to have 'soft hands' when catching.

Fundamental Movement Skills Focus



Skill – Coordination Sending and Receiving (FUNS Station 8)



- Throw a tennis ball and catch it with the same hand after 1 bounce and without a bounce.
- Throw a tennis ball and catch it with the other hand after 1 bounce and without a bounce.
- Strike a large, soft ball along the ground with my hand 5 times in a rally.



- Strike a ball with alternate hands in a rally.
- Kick a ball with the same foot.



Counter Balance with a partner (FUNS Station 7)

- Hold on and, with a long base, lean back, hold the balance and move back together again.
- Hold on with 1 hand and, with a long base, lean back, hold the balance and move back together again.



- Hold and, with a short base, lean back, hold the balance and then move back together.
- Hold on with 1 hand and, with a short base, lean back, hold the balance and then move back together.

Key Vocabulary

Creative	Understanding and processing new information, before a new skill can even be attempted.
Rally	To move or send back and forth.
Coordination	Control movements of each body part together at the right time.
Strike	To hit or kick a ball.

Success



- Accuracy and weight when sending
- Getting in a good position to receive
- Collecting the ball safely

Review Questions

What do you think having 'soft hands' when catching means and why is this important?



What can you remember about throwing and catching?