

Objectives

- To perform a single skill or movement with some control.
- To perform a small range of skills and link two movements together.
- To perform a range of skills with some control and consistency
- To perform a sequence of movements with some changes in level, direction or speed.



Learning Points



Physical

- Maintain a good 'ready position'.
- Lean forward to help move quickly.
- Move feet, rather than stretch, to get to the ball.

Agility Reaction / Response

- Push off hard with your feet.
- Keep your head steady and watch the ball.
- Move your feet to get to the ball (rather than stretching).

Fundamental Movement Skills Focus



John and Jasmine Learn to Juggle

Coordination – sending and receiving

(FUNS Station 8)

- Roll a large ball and collect the rebound.
- Roll a small ball and collect the rebound.
- Throw a large ball and catch the rebound with 2 hands.
- Throw a tennis ball and catch it with the same hand after 1 bounce.
- Throw a tennis ball and catch it with the other hand after 1 bounce.



Ringo to the Rescue

Agility reaction response (FUNS Station 12)

- From a distance of 1, 2 and 3 metres:
- React and catch a large ball dropped from shoulder height after 2 bounces.
- React and catch a large ball dropped from shoulder height after 1 bounce.
- React quickly and catch a tennis ball dropped from shoulder height after 1 bounce.



Key Vocabulary

Physical	All body movement
Footwork	Skilful movement of the feet
Coordination	Control movements of each body part together at the right time.
Rebound	To bounce back

Success

- Reacting and moving quickly
- Catching the ball
- Slowing down with control after catch



Review Questions

What have you learned about reacting quickly?



How can we explore changing direction and speed?