

Foundation

OBJECTIVE(S)

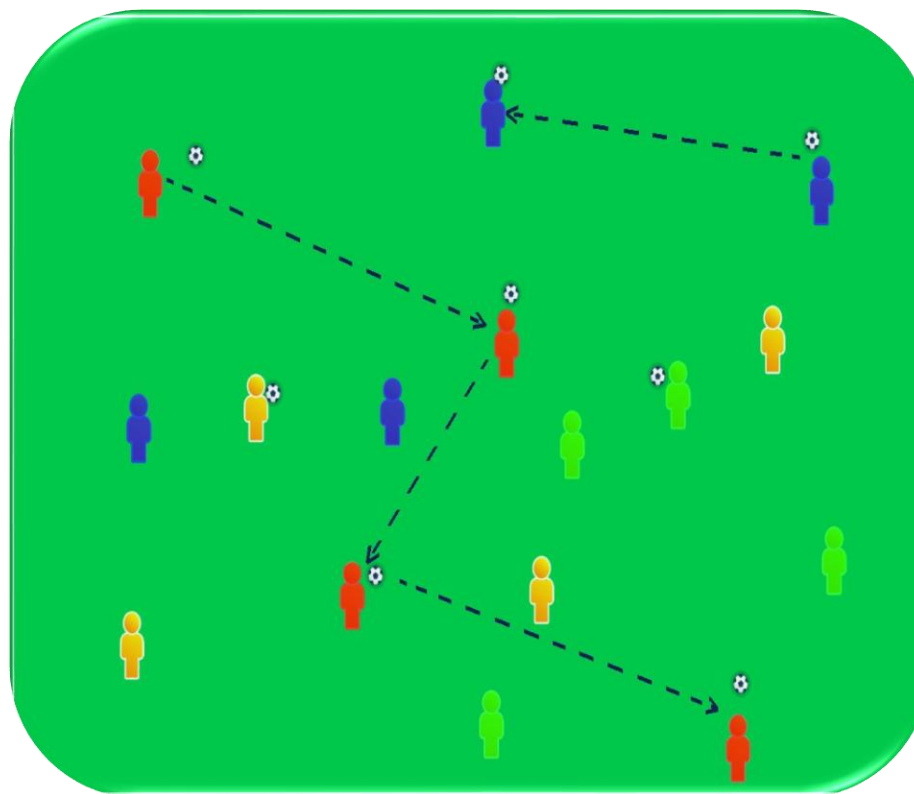
- Pupils to improve throwing/catching and spatial awareness
- Throwing techniques

THE GAME

- Pupils divided into teams with one ball
- Pupils throw and catch stationary
- The team that doesn't drop the ball is the winner
- Same challenge but pupils now move around game area

COACHING POINTS

- Hand/eye coordination
- Awareness of other pupils
- Movement into space
- Communication

**HARDER/EASIER**

- Time Limit holding the ball (e.g. 3 secs)
- Different throwing techniques chest pass/bounce pass

CURRICULUM LINKS

- Literacy
- Numeracy
- World Around Us

FOOTBALL LINKS

- Same game with focus on passing and control of the ball

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THE GAUNTLET



Foundation

NOTES:

QUESTIONS/COMMENTS:

