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# BUBBLES



Foundation

## OBJECTIVE(S)

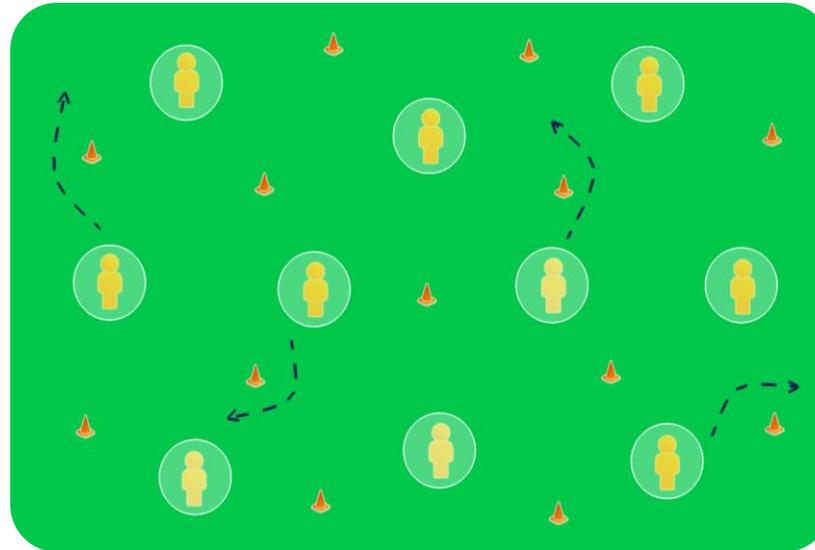
- To continuously move around and find space.

## THE GAME

- Pupils move around the area pretending to be inside a bubble.
- If a pupil has a collision, they must balance on one leg for 10sec before rejoining the game.

## COACHING POINTS

- Keep your head up and continuously look around.
- Push off on outer leg when changing direction.
- Pump arms opposite to legs.



## CURRICULUM LINKS

- Develop control in running, changing speed, stopping, and starting.
- Participate in cooperative and competitive play.
- Develop spatial awareness, direction, and speed/pacing.

## HARDER/EASIER

- Cones can be scattered around the area to act as bubble spikes. (Level 2)
- A 'bubble popper' (catcher) can be introduced to chase and pop pupils' bubbles. (Level 3). Pupils must perform a balance for 10 secs before returning to game.
- A 'bubble saver' can be introduced to repair popped bubbles. (Level 4)

## FOOTBALL LINKS

- Finding space on the pitch to receive a pass from a teammate.
- Avoiding contact with opposition players during a game.

