

GetActive@Home

Episode 1 - Bouncing and ball control

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Perform the following bouncing and dribbling activities with a ball.

- Bounce the ball with one hand. Catch with two hands then repeat.
- Bounce the ball with one hand. Catch with two hands then repeat the bounce each time using the opposite hand to push the ball.
- Bounce the ball with one hand. Catch in the palm of the same hand, then turn the hand over the ball to repeat the bounce in one motion, repeat the sequence. Try repeating the sequence from hand to hand.

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- Bounce the ball with one hand. Catch in the palm of the opposite hand, then turn the hand over the ball to repeat the bounce in one motion, repeat the sequence whilst moving a round.
- Creative challenge: Move the body any way you can while bouncing the ball.

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With a partner try:

- bouncing the ball to each other
- draw or make flat targets on the ground and set bouncing sequence challenges
- set a start and finish line over a set distance and have bouncing relay races.



Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PDe1-4 performs movement skills in a variety of sequences and situations.

PDe1-11 incorporates elements of space, time, objects effort and people in creating and performing simple movement sequences.

Sample questions:

Where do you look when bouncing? (Technical)

How do you move to make bouncing easier? (Tactical)

What do we say to make bouncing easier? (Reinforce)

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Bend the knees.

Push the ball.

Eyes on the ball (laser eyes).

Catch with one or two hands (make the nest).

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Bouncy ball.

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Stage 1

Challenges

Perform the following bouncing and dribbling activities with a ball.

- Bounce the ball with one hand. Catch with two hands then repeat.
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- Bounce the ball with one hand. Catch in the palm of the same hand, then turn the hand over the ball to repeat the bounce in one motion, repeat the sequence. Try repeating the sequence from hand to hand.

Mega Challenges

- Bounce the ball with one hand. Catch in the palm of the opposite hand, then turn the hand over the ball to repeat the bounce in one motion, repeat the sequence whilst moving a round.
- Creative challenge: Move the body any way you can while bouncing the ball.

Other variations

With a partner try:

- bouncing the ball to each other
- draw or make flat targets on the ground and set bouncing sequence challenges
- set a start and finish line over a set distance and have bouncing relay races.



Suggested PDHPE Outcomes

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PD1-4 performs movement skills in a variety of sequences and situations.

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Sample questions

Where do you look when bouncing? (Technical)

How do you move to make bouncing easier? (Tactical)

What do we say to make bouncing easier? (Reinforce)

Teaching cues

Bend the knees.

Push the ball.

Eyes on the ball (laser eyes).

Catch with one or two hands (make the nest).

Equipment

Bouncy ball.