

# GetActive@Home

## Week 3 - Episode 5

Stage 2

### Challenges

- Bounce the ball while turning around in a circle.
- Bounce the ball from one hand to the other (side to side).
- Bounce the ball lower than waist height and from one hand to the other (side to side). Ensuring that the ball bounces outside of the knees each side.
- Bounce the ball from side to side using one hand only.

### Mega Challenges

- Bounce the ball while moving forwards and backwards.
- Bounce the ball from one hand to the other (side to side) while kneeling then standing. Try using one hand only.
- Creative challenge: Move 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 combine bouncing challenges with relay races.



### Suggested PDHPE Outcomes

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

**PD2-4** performs and refines movement skills in a variety of sequences and situations.

**PD2-11** combines movement skills and concepts to effectively create and perform movement sequences.

#### Sample questions

How can you move the ball to master a new bouncing combination?

How can you use your eyes to create more awareness of your surroundings whilst bouncing?

### Teaching cues

Bend the knees.

Push the ball with control.

Eyes forward.

### Equipment

Bouncy ball.

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### Mega Challenges

- Bounce the ball while moving forwards and backwards.
- Bounce the ball from one hand to the other (side to side) while kneeling then standing. Try using one hand only.
- Creative challenge: Move any way you can while bouncing the ball.

### Other variations

With a partner try:

- bouncing the ball to each other
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### Suggested PDHPE Outcomes

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

**PD3-4** adapts movement skills in a variety of physical activity contexts.

**PD3-11** selects, manipulates and modifies movement and concepts to effectively create and perform movement sequences.

#### Sample questions

How can you combine foot and ball movement to master new bouncing combinations?

How can you use your eyes to create more awareness of your surroundings whilst bouncing?

### Teaching cues

Bend the knees.

Push the ball with control.

Eyes forward.

### Equipment

Bouncy ball.