GetActive@Home

Episode 1 - Bouncing & ball control

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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- 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.

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.

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