GetActive@Home

Episode 2 - Bouncing and dribbling

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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 continue bouncing with the opposite hand.
- Bounce the ball continuously (pat the dog) whilst taking a step for each bounce. Try also spelling a letter of your name or another word for every bounce/step.
- Bounce the ball from hand to hand across your body (windscreen wipers).

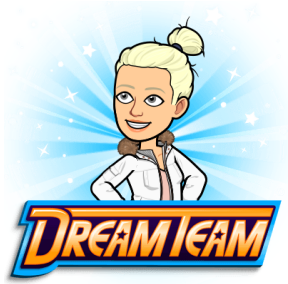
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- Bounce the ball four times with alternate hands. Then perform four squats, followed by rolling or passing the ball through the legs using a figure 8 pattern.
- Creative Challenge: Move your body in different ways while bouncing the ball. Try performing three squats at regular intervals.

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With a partner try:

- Setting out some safe obstacles to form a circuit to dribble around.
- Challenging each other with a range of bouncing and dribbling combinations.



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 dribbling? (Laser eyes)

How do you move to make dribbling easier? (Move feet)

What do we say to make dribbling easier? (Technical cues)

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Bend the knees.

Push the ball.

Eyes on the ball (laser eyes).

Catch, flip then bounce with one hands

Take a step after each bounce.

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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 continue bouncing with the opposite hand.
- Bounce the ball continuously (pat the dog) whilst taking a step for each bounce. Try also spelling a letter of your name or another word for every bounce/step.
- Bounce the ball from hand to hand across your body (windscreen wipers).

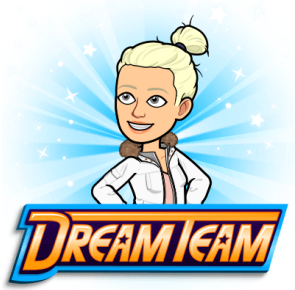
Mega Challenges

- Bounce the ball four times with alternate hands. Then perform four squats, followed by rolling or passing the ball through the legs using a figure 8 pattern.
- Creative Challenge: Move your body in different ways while bouncing the ball. Try performing three squats at regular intervals.

Other variations

With a partner try:

- Setting out some safe obstacles to form a circuit to dribble around.
- Challenging each other with a range of bouncing and dribbling combinations.



Suggested PDHPE Outcomes

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

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

PD1-11 incorporates elements of space, time, objects, effort and people in creating and performing simple movement sequences.

Sample questions

Where do you look when dribbling? (Laser eyes)
How do you move to make dribbling easier? (Move feet)
What do we say to make dribbling easier? (Technical cues)

Teaching cues

Bend the knees.
Push the ball.
Eyes on the ball (laser eyes).
Catch, flip then bounce with one hands
Take a step after each bounce.

Equipment

Bouncy ball.

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