GetActive@Home

Episode 2 - Bouncing & dribbling

Stage 2

Challenges

- 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 (Millie Rock).
- Lunge forward onto one leg then try bouncing the ball through your leg from one side to the other. Continue by alternating the lunge movement .

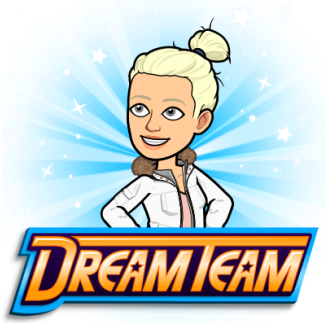
Mega Challenges

- Continue lunging and bouncing the ball through your leg as you progress with a step forward each time you lunge/bounce.
- Creative Challenge: Dribble the ball over a set distance using the ' side to side (Millie Rock) technique. Try also adding a bounce between your legs each time you step forward.

Other variations

With a partner try:

- Setting out some safe obstacles to form a circuit to dribble around. See who can get the fastest time.
- 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.

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 and dribbling combination?

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

Teaching cues

Bend the knees.
Eyes forward.
Push the ball (pat the dog).
Take a step after each bounce.
Move at speed.

Equipment

Bouncy ball.

NSW GOVERNMENT Education

GetActive@Home

Episode 2 - Bouncing & dribbling

Stage 3

Challenges

- 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 (Millie Rock).
- Lunge forward onto one leg then try bouncing the ball through your leg from one side to the other. Continue by alternating the lunge movement .

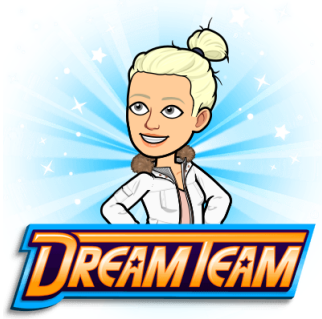
Mega Challenges

- Continue lunging and bouncing the ball through your leg as you progress with a step forward each time you lunge/bounce.
- Creative Challenge: Dribble the ball over a set distance using the side to side (Millie Rock) technique. Try also adding a bounce between your legs each time you step forward.

Other variations

With a partner try:

- Setting out some safe obstacles to form a circuit to dribble around. See who can get the fastest time.
- 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.

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 and dribbling combinations?

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

Teaching cues

Bend the knees.
Eyes forward.
Push the ball (pat the dog).
Take a step after each bounce.
Move at speed.

Equipment

Bouncy ball.