

Warm Up -

1. Jump as high as you can
2. Jog on the spot
3. Jog on the spot - Touch the ground - stand up - jog. Repeat
4. Lie on your front like Superman.
5. Lie on your back curled up in a little ball.

If on your own do each one in turn.
If there is someone to help have them call out any number and you perform them.



Equipment:

A ball or rolled up sock.



Activity:

- Throw the object up and catch.
- Throw the object up, clap once and catch it. Throw again, 2 claps, then 3 claps and so on.
- Throw the object up and catch while standing on 1 leg. If with another person throw to them and they have to catch it after 1 bounce while standing on 1 leg.

<https://youtu.be/nry2kGIGLZE>

<https://youtu.be/0mX6vFun-ao>

Coaching Points:

- Keep your eyes on the object and watch it right into your hands. Show the object your hands ready. Put your little fingers together and spread your other fingers apart to create a bigger catching area.
- Throw just above head height. Throw higher, straight up into the air, for more claps.
- Move towards the ball or move back to give yourself room.

Differentiation:

If the task is too challenging:

Stand on 1 leg after you've caught it. Use a bigger ball or object.

If the task is too easy:

Throw the ball up and catch while balancing on 1 leg, hop around throwing and catching.

Bounce it more than once while balancing on 1 leg.

Stay balancing on 1 leg for the whole game.



Cool Down:

- Stand on one leg, while balancing on 1 leg, reach down and touch your foot that is touching the ground, stand back up again without putting your other foot down.
- How many times can you do this?