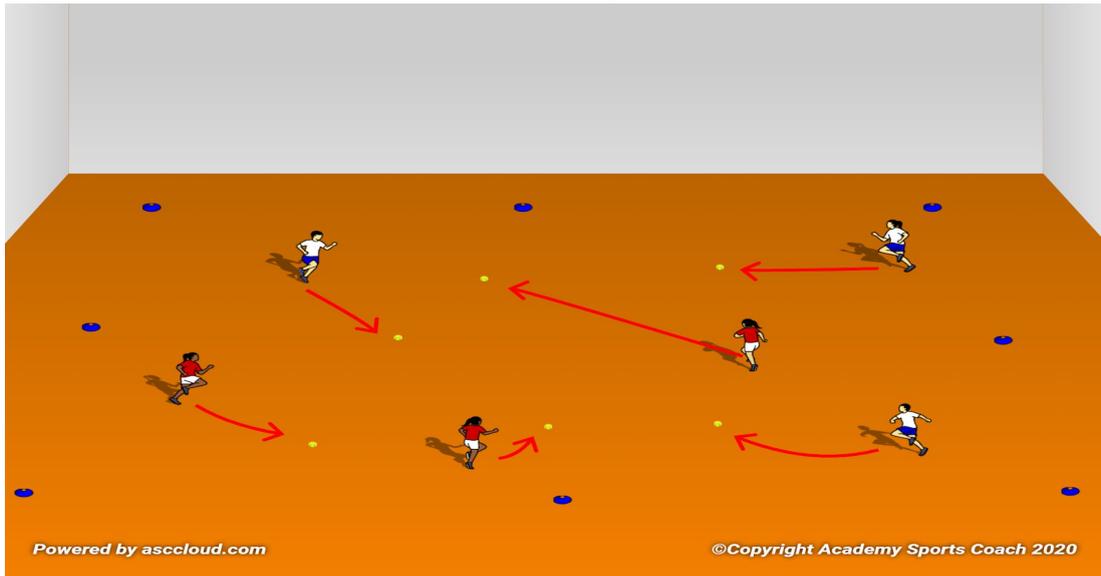


Rolling at Targets

LEARNING OBJECTIVES	<ul style="list-style-type: none"> ● Improving pupil's Fundamental Movement Skills ● Pupils practising hand-eye co-ordination techniques ● Applying techniques during fun challenges
RESOURCES:	<ul style="list-style-type: none"> ● Hall or playground ● Small/tennis balls (one per pupil) ● Large balls /Netballs/Footballs (one per pair/group) ● Marker/Cones to assist pupil positioning
CONTENT	TEACHING POINTS/KEY QUESTIONS
<p style="text-align: center;">Warm-up</p> <ul style="list-style-type: none"> ● Pupils roll their small ball along the ground, a short distance ahead of them, then jog after their ball to retrieve it. (If the area has a flat wall, this can be used to rebound the ball back towards the pupil to collect.) ● Change direction and repeat. ● Stretches that focus on arms and shoulders <p><i>Throughout the lesson, the distances rolled and jogged by pupils should be adjusted to suit their ability.</i></p>	<p>Example questions</p> <p>How do we hold the ball when rolling?</p> <p>Can you describe how the ball should roll along the ground?</p> <p>When should you let go of the ball?</p> <p>What is the best way to pick up the ball?</p> <p>Technique corrections</p> <p>Release</p> <ul style="list-style-type: none"> ● Holding the ball in the front on their hand, fingers behind – ready to release the ball forward. ● Looking for a suitable space to roll their ball. ● Bending their knees, taking a step forward - so that the ball is released at ground level (not bouncing) ● Drawing arm back, ready to swing ● Releasing the ball when at the side to their body – not too early/late. <p>Retrieval</p> <ul style="list-style-type: none"> ● Awareness of other pupils and any balls rolling along the ground. ● Head-up, looking around to avoid any possible contact. ● Arriving alongside the ball, stepping forwards and bending their knees. ● Hand reaching in front of the rolling ball with fingers spread, pointing downwards.
<p style="text-align: center;">Main Activity</p> <p>Introducing targets</p> <p>Pupils are now told to focus at a specific point to aim their roll. Pupils can work in pairs opposite each other or create triangles/squares if working in small groups. Use markers/spots if useful to provide positioning for pupils.</p> <p>Using one small ball per pair/group, roll the ball between pupils. Set the distance pupils are apart according to their ability and gradually increase this distance as the pupils improve consistency. Encourage correct release technique and teachers should focus on fault correction.</p> <p>After this stage, challenges can now be introduced, e.g. 1st group to make 5/10/20 passes, how many passes in 15/30 seconds etc.</p> <p>Place the large ball in the middle of the pupils, this is now their target to hit. Increasing the accuracy of their roll, combining with a good release technique will achieve more successful hits.</p> <p>Further challenges can now be set between groups based on the number of hits on the large ball. The size of the target ball can be adjusted to raise/lower difficulty.</p>	
<p>Cool down/plenary</p> <p>Select pupil(s) to demonstrate good releasing and retrieval techniques with opportunity for Q&A review. What are they doing well? How can we modify these challenges? Light stretches and equipment collection.</p>	

Warm-up



Main Activities

