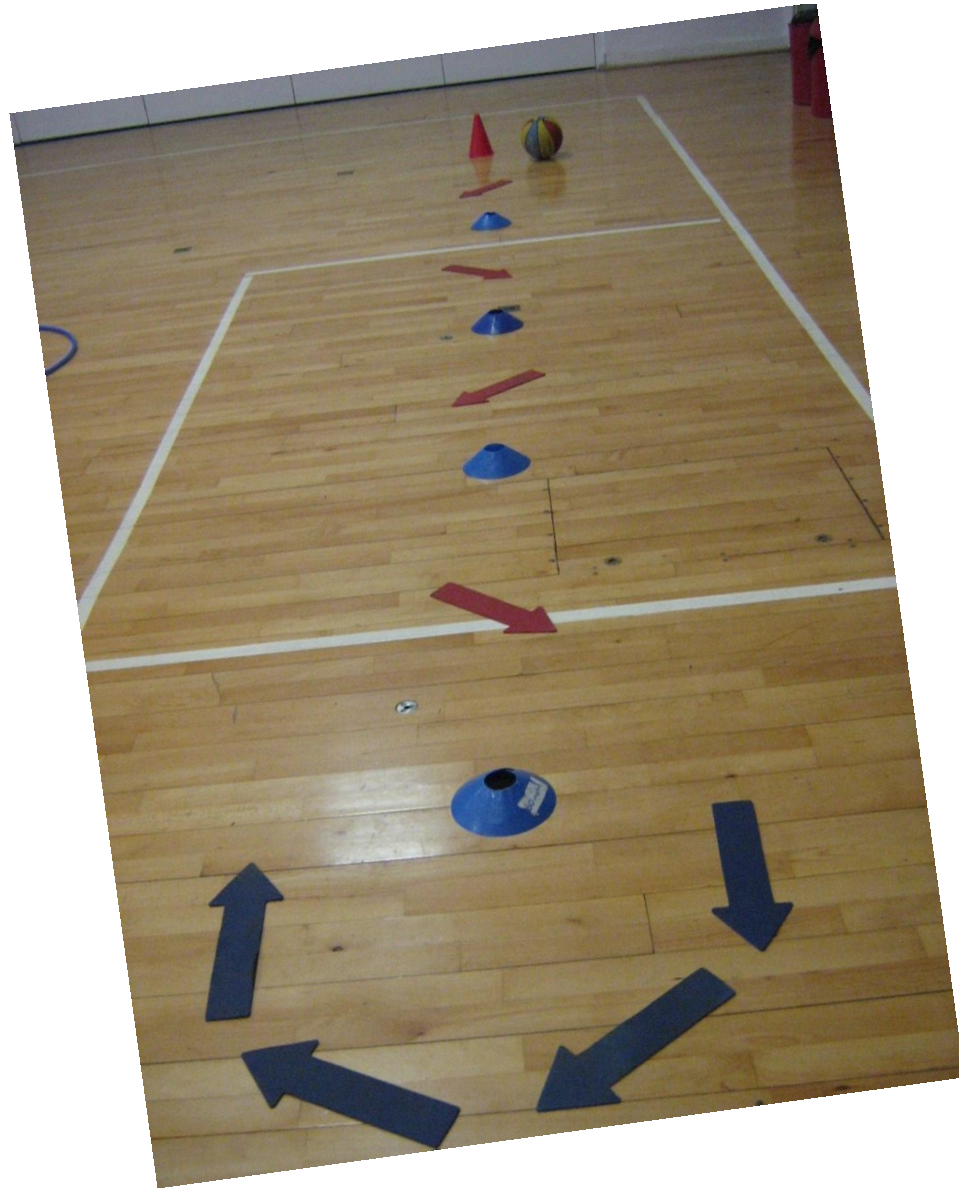




Hockey Dribble

Dribble the hockey ball in and out of the cones and back again.

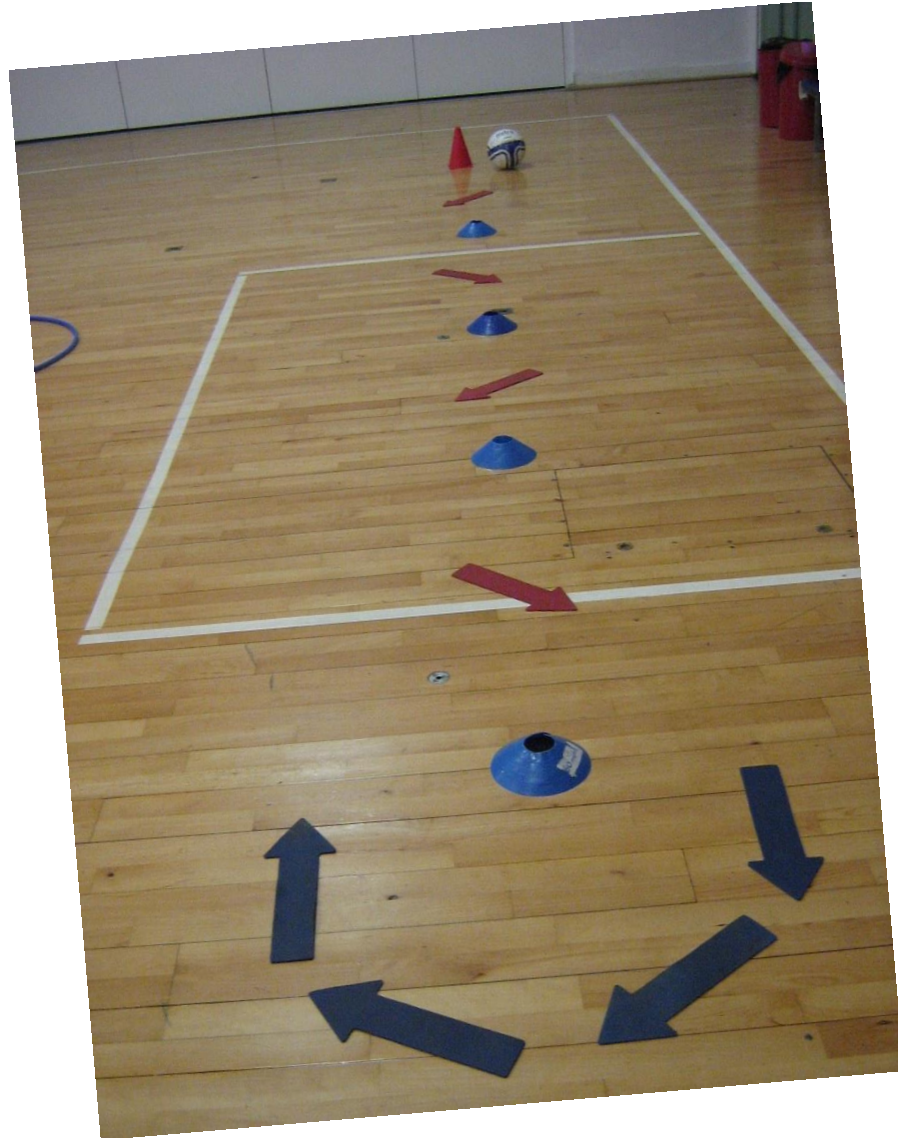
- Hold the stick in two hands at all times
- Look at the ball and look where you are travelling.
- Your teacher is looking to see good, close control.



Basketball Dribble

Dribble the basketball in and out of the cones and back again.

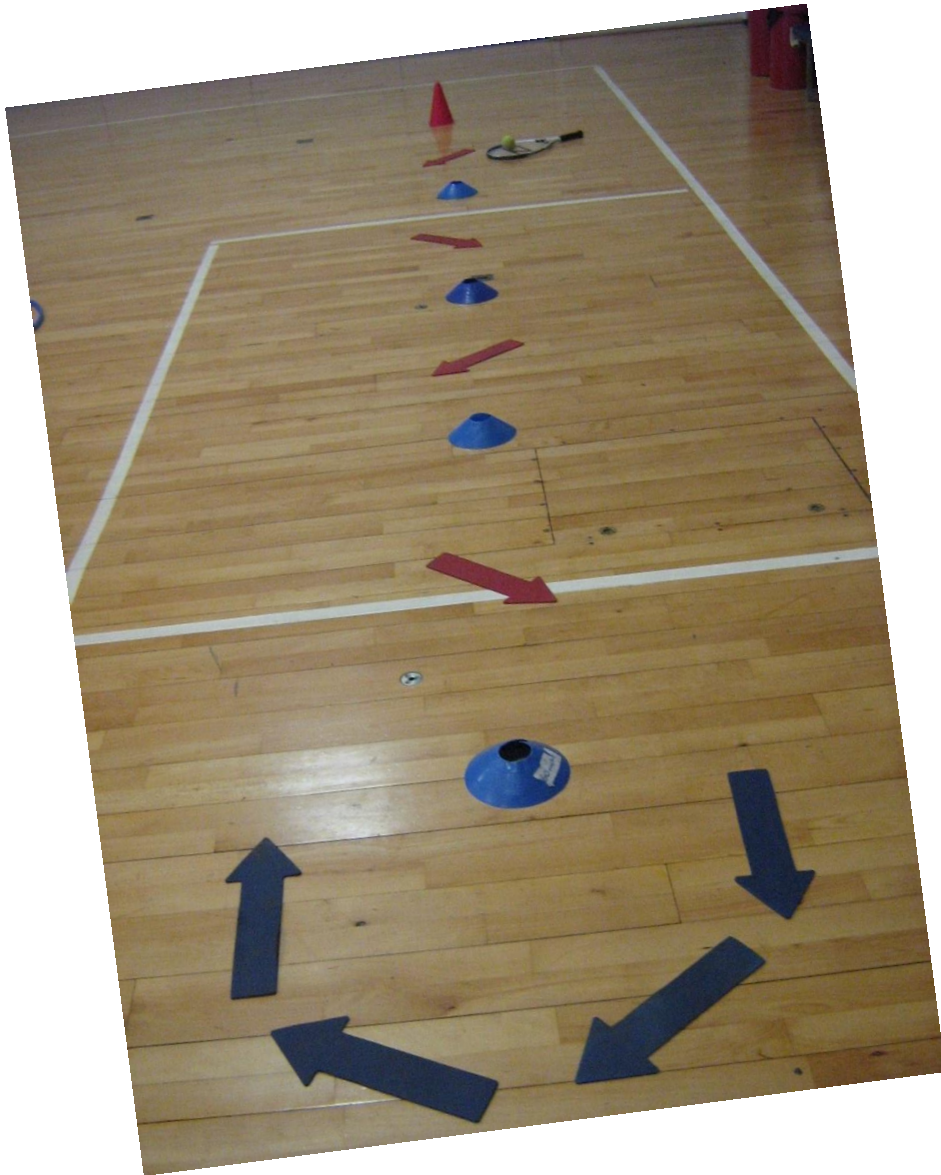
- Bounce the basketball with one hand at a time.
- Use your fingers to give you the best control.
- Your teacher is looking to see good, close control.



Football Dribble

Dribble the football in and out of the cones and back again.

- Keep the ball close to your feet .
- Use soft, gentle, small kicks.
- Your teacher is looking to see good, close control.



Egg & Spoon

Travel in and out of the cones and back again while balancing the tennis ball on the face of the racket.

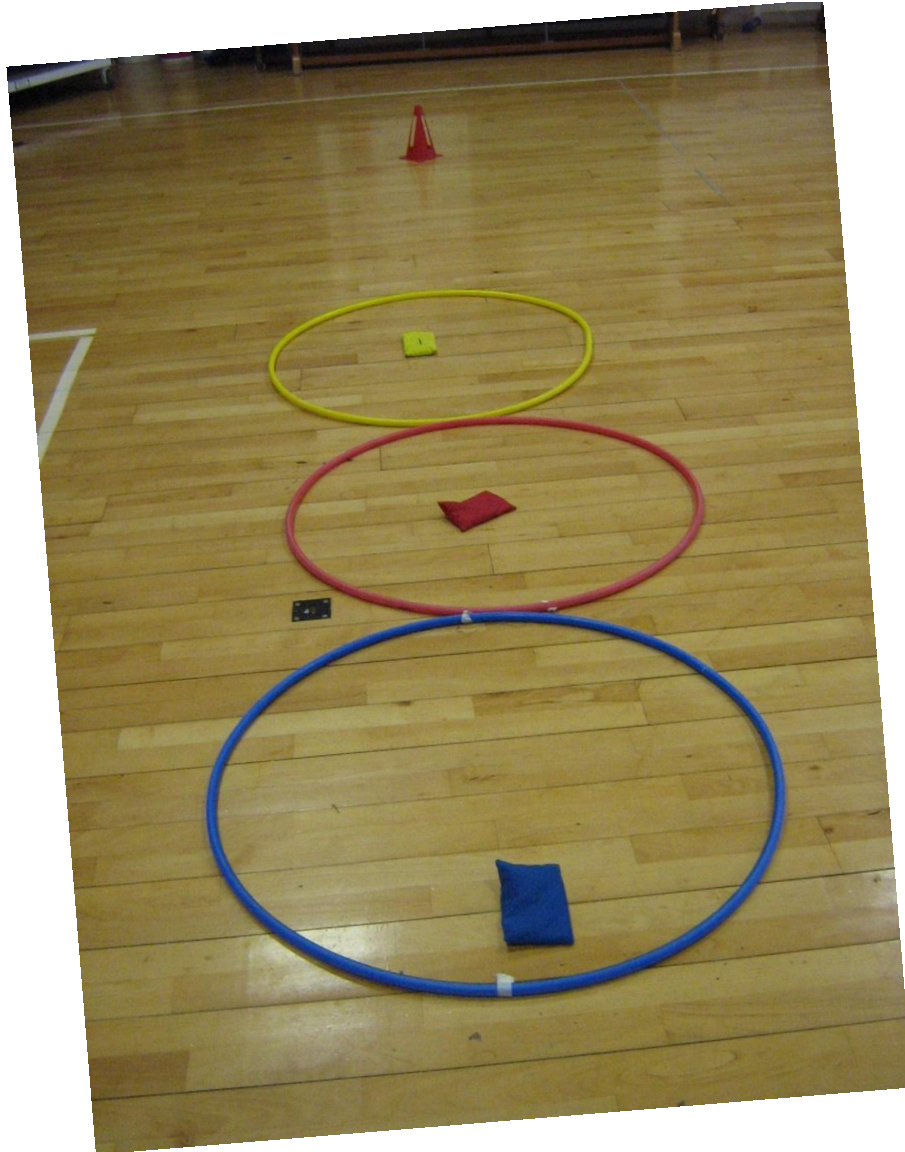
- Try to keep the ball in the centre of the racket face.
- Hold your hand as still as you can.
- Your teacher is looking to see good, close control.



Rolling A Ball

Roll the ball into the hoop.

- Roll the ball at just the right speed, not too fast and not too slow.
- Bend your knees and swing your arm gently near to the floor.
- As you let go of the ball point all four fingers towards the centre of the hoop .



Throwing Underarm

Throw each beanbag (underarm)
into the correct hoop.

- If you are throwing with your right hand step forwards with your left foot.
- Swing your arm near to your waist
- As you let go of the beanbag point all four fingers towards the centre of the hoop .



Zig Zag Running

Run as quickly (safely) as you can in and out of the cones and back again.

- Show control at all times.
- Run on the balls of your feet
- Use your arms to control your speed and balance.



Wobbly Walking

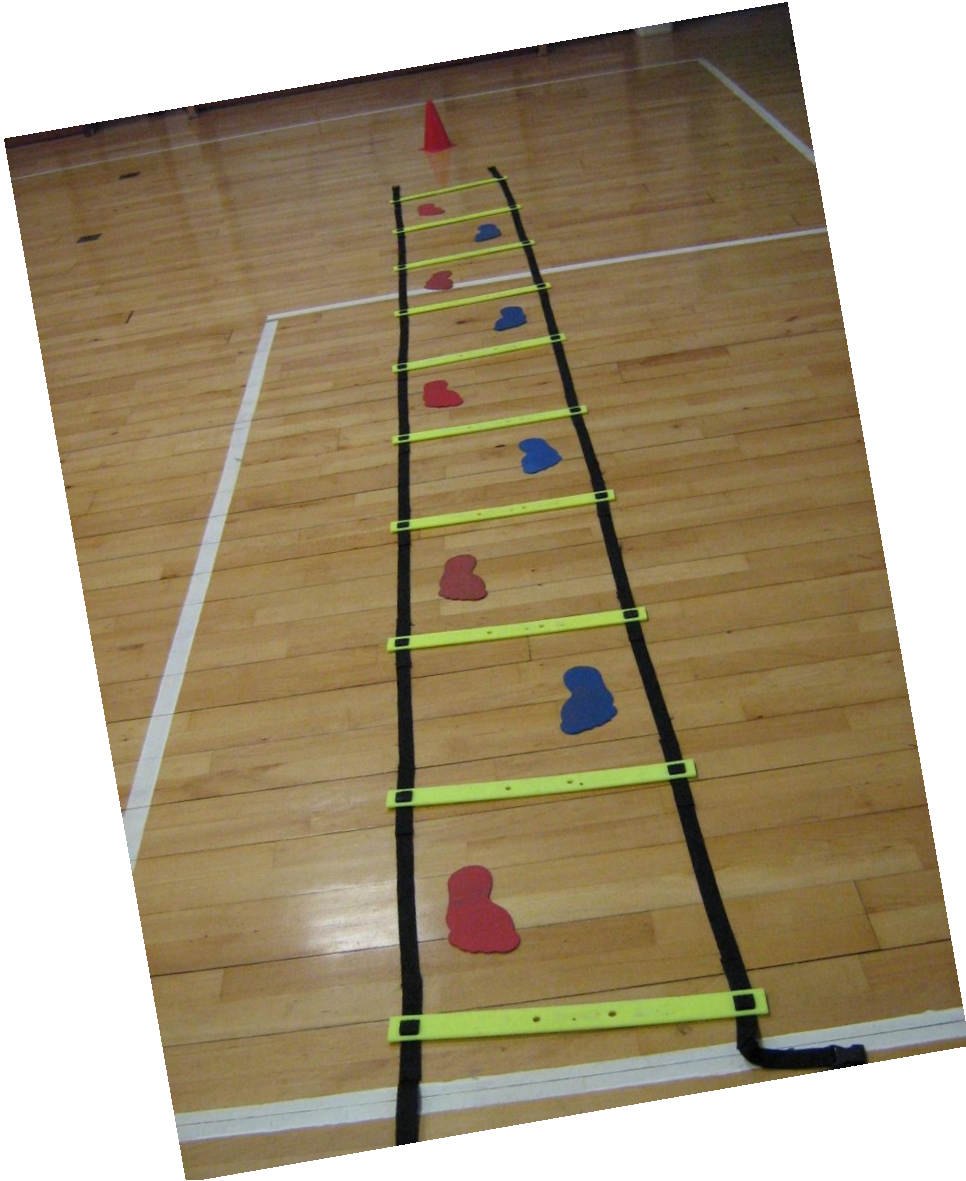
Walk in a straight line placing your left foot on the right side of the rope and your right foot on the left side of the rope.

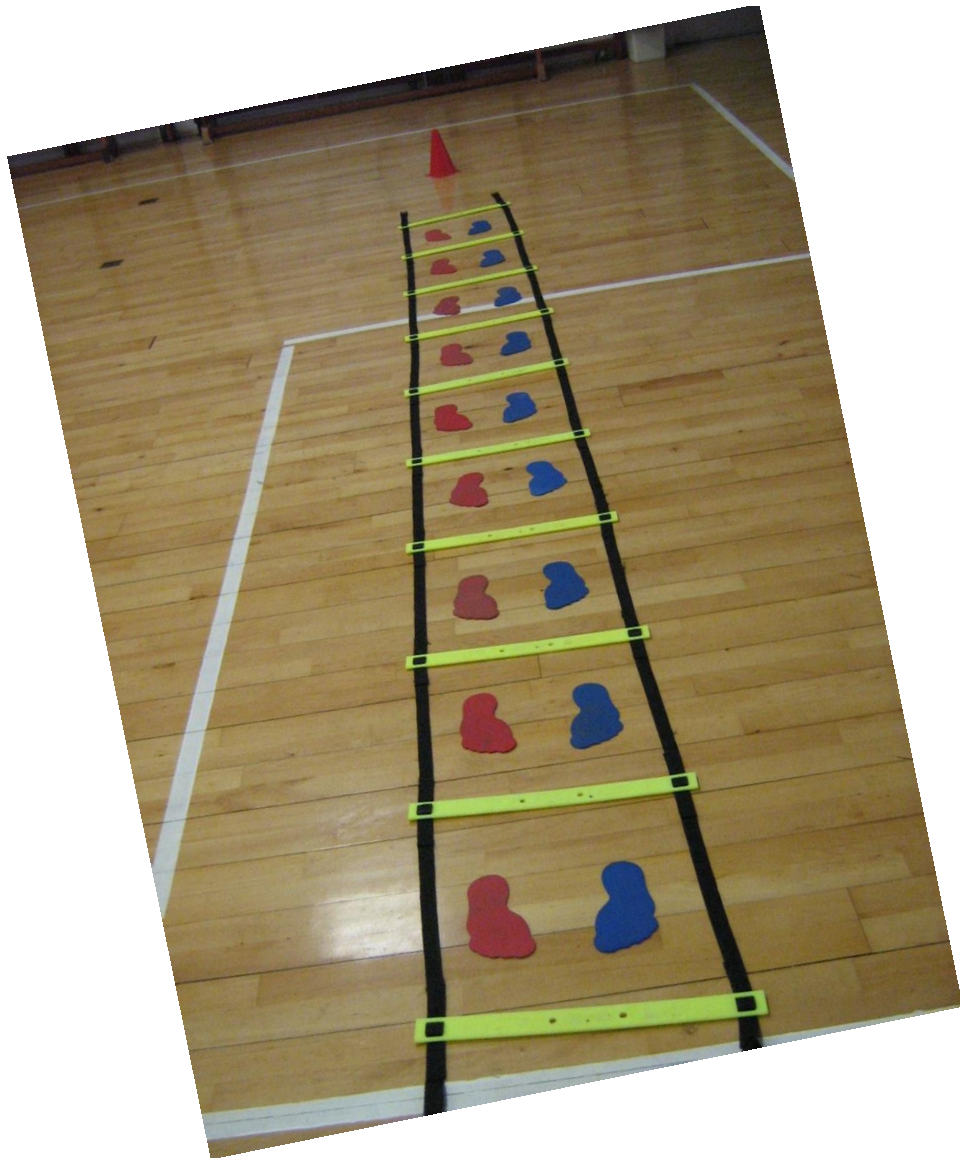
- Show control at all times.
- Once you are confident and can complete the task walking try to increase your speed.
- Use your arms to control your speed and balance.

Ladder (Stepping)

Walk along the ladder placing alternate feet in each space along the ladder.

- Show control at all times.
- Once you are confident and can complete the task walking try to increase your speed.
- Use your arms to control your speed and balance.





Ladder (Jumping)

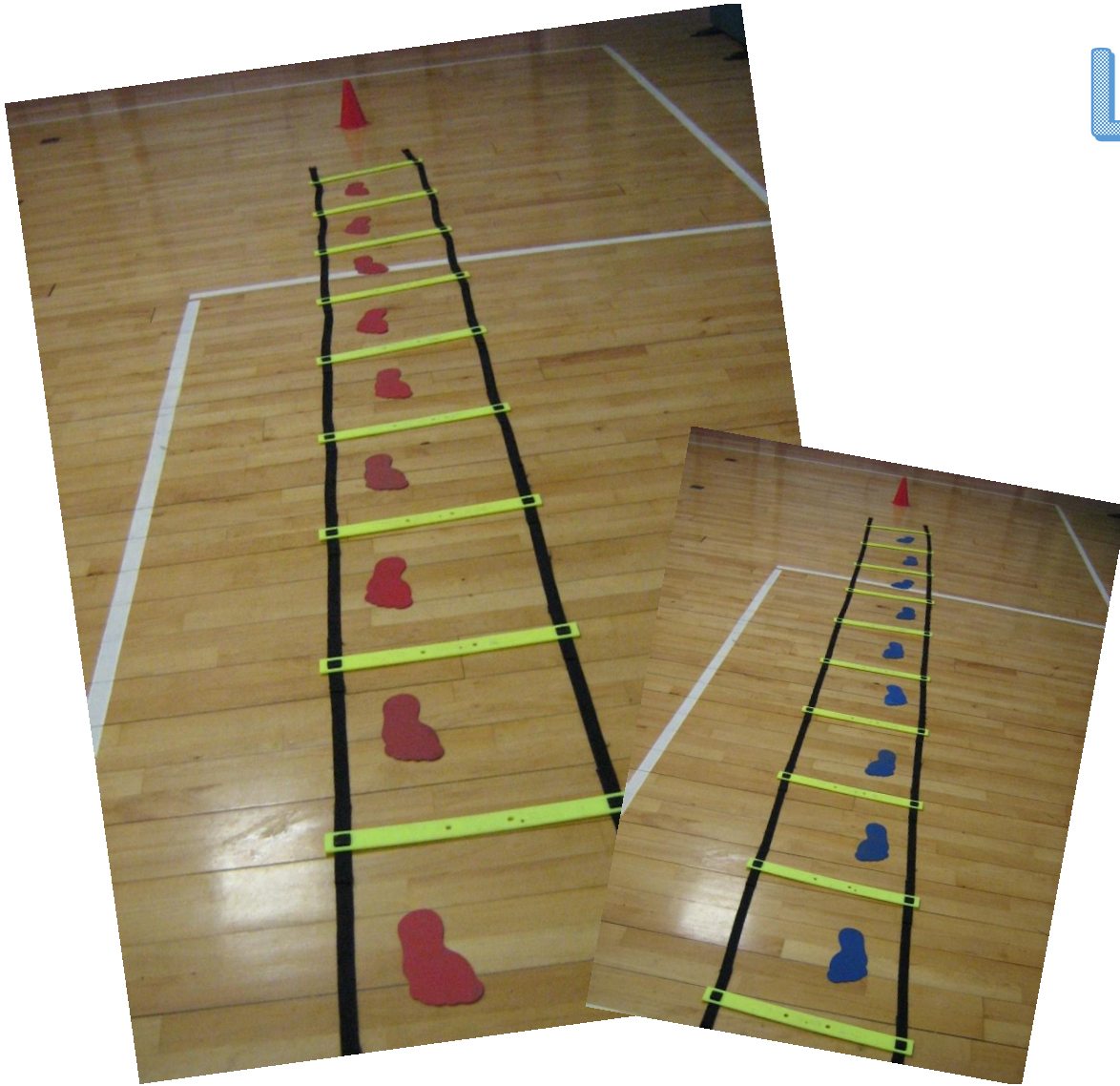
Jump along the ladder placing your feet in each space along the ladder.

- Show control at all times.
- Once you are confident and can complete the task slowly try to increase your speed.
- Use your arms to control your speed and balance.

Ladder (Hopping)

Hop on your preferred foot along the ladder placing your foot in each space along the ladder.

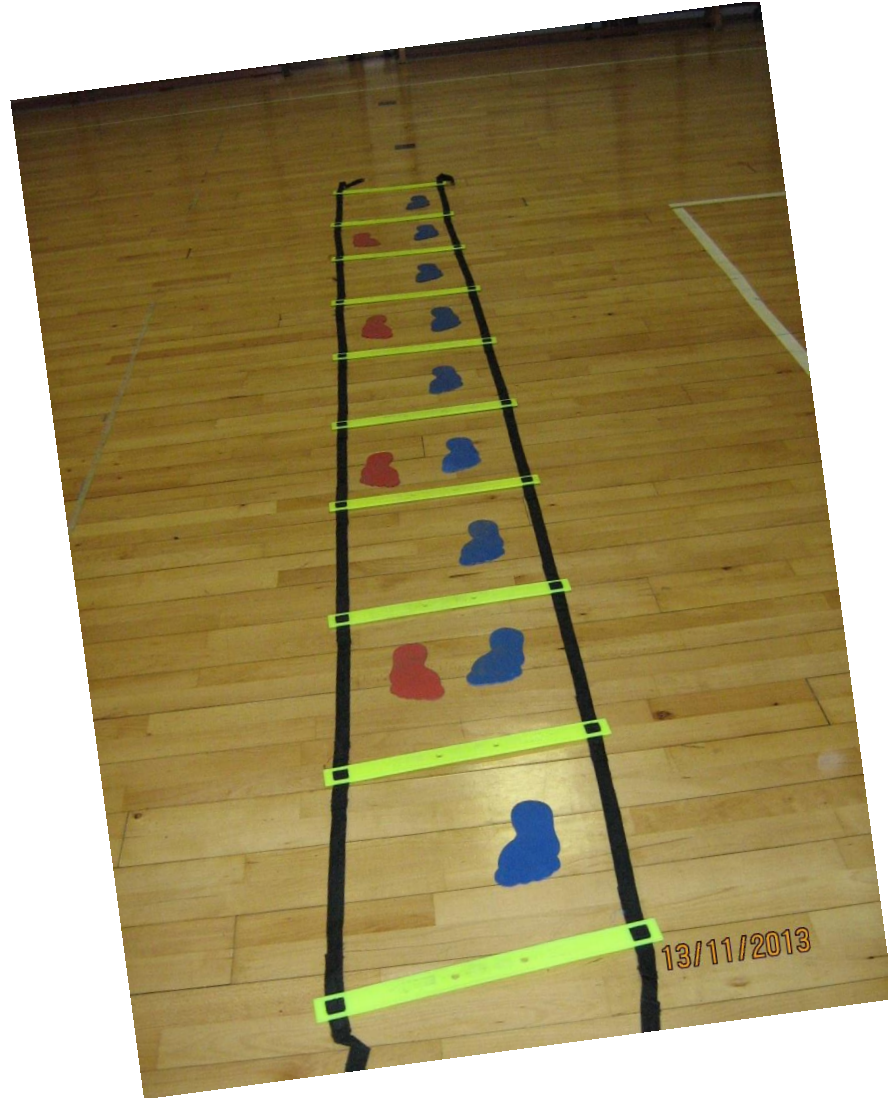
- Show control at all times.
- Once you are confident and can complete the task **swap onto your other foot.**
- Use your arms to control your speed and balance.



Ladder (Hopscotch)

Travel along the ladder in a jump, hop, jump, hop, sequence.

- Show control at all times.
- Once you are confident and can complete the task slowly try to increase your speed.
- Use your arms to control your speed and balance.





Balancing Bar

Walk along the balance bar placing one foot in front of the other.

- Show control at all times.
- Move at a steady speed, try not to stop.
- Use your arms to control your speed and balance.



Throwing Overarm

Throw the rocket as far as you can overarm.

- Stand sideways and make a star shape.
- Hold the rocket in the hand furthest away from the line of cones.
- Throw the rocket in a controlled manner.



Hurdles (Leaping)

Run and leap over the barriers.

- Bend your knee and push off the balls of your feet.
- Use your arms to control your speed and balance.
- Show control at all times



Throwing and Catching

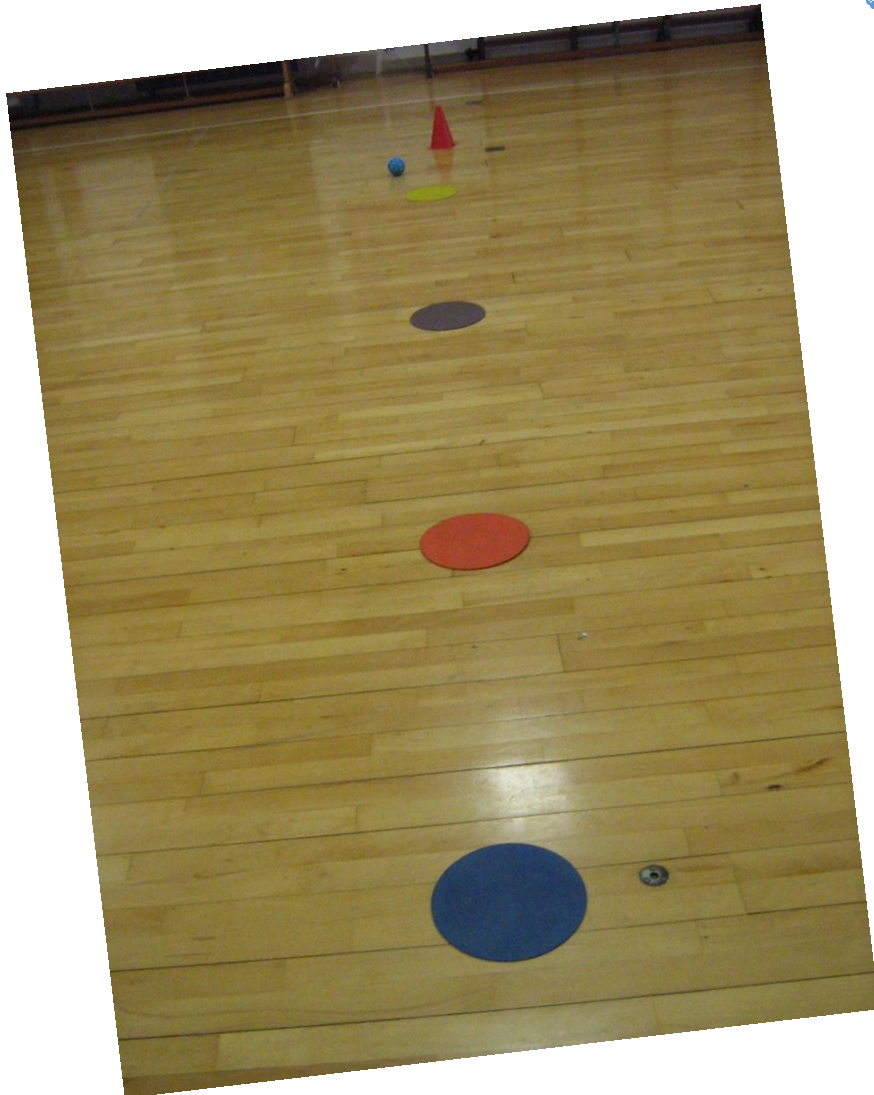
Throw the beanbag along the line of people stood on the rubber mats.

- Make sure that the person you are throwing to is ready.
- Hold you hands in a cup shape to create a target for the person throwing.
- Throw the beanbag into the catchers hands at a controlled speed.

Throwing and Catching

Throw the small ball along the line of people stood on the rubber mats.

- Make sure that the person you are throwing to is ready.
- Hold you hands in a cup shape to create a target for the person throwing.
- Throw the ball into the catchers hands at a controlled speed.

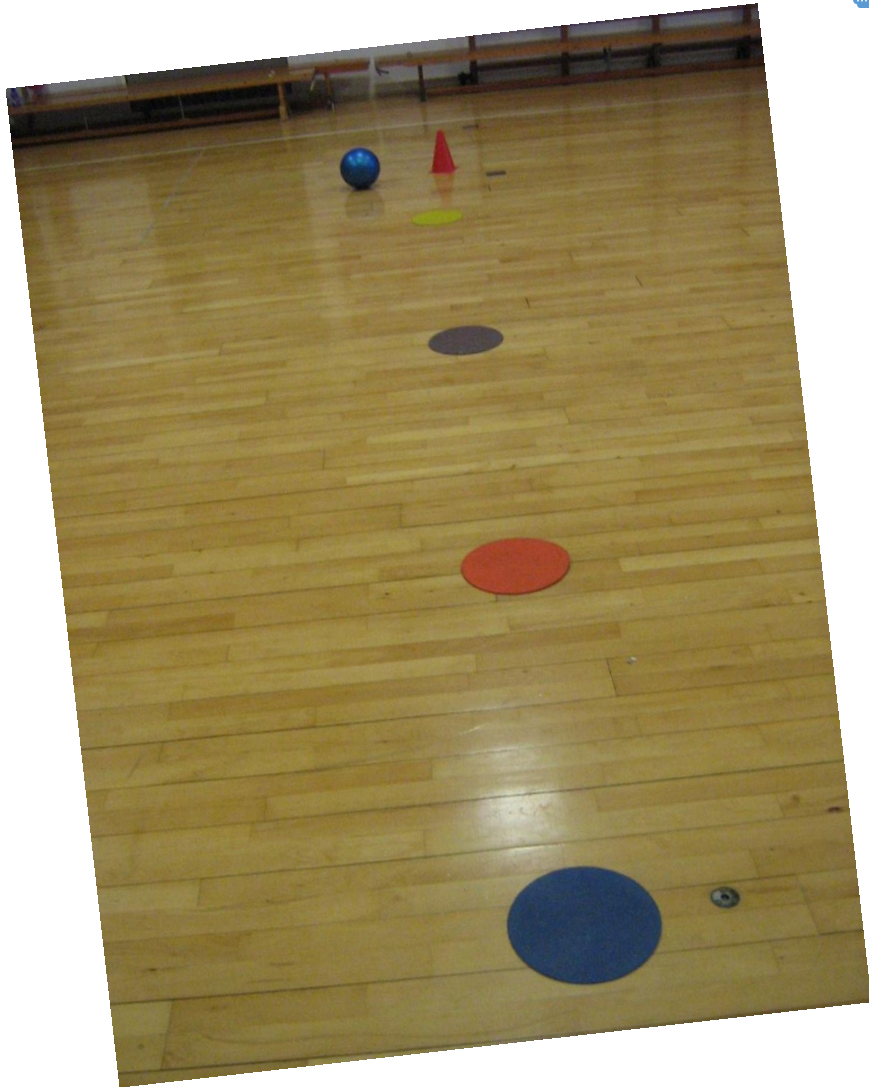




Throwing and Catching

Throw the medium sized ball along the line of people stood on the rubber mats.

- Make sure that the person you are throwing to is ready.
- Hold you hands in a bowl shape to create a target for the person throwing.
- Throw the ball into the catchers hands at a controlled speed.



Throwing and Catching

Throw the large ball along the line of people stood on the rubber mats.

- Make sure that the person you are throwing to is ready.
- Hold you hands in a bowl shape to create a target for the person throwing.
- Throw the ball into the catchers hands at a controlled speed.

Make your own Task

Outline of task: _____

- Tip 1)

- Tip 2)

Draw your task here