

Movies Activity Sheet

Child's name:

Ball skills

These activities have been put together to improve ball skills. These help to develop eye hand coordination and use of two hands, which are required for effective use of tools and equipment in the classroom.

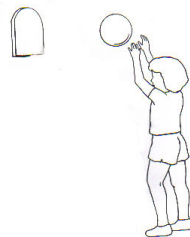
They can be carried out in any order and should ideally be practiced about three times a week for 10 to 15 minutes. Alternatively, they could be incorporated into P.E.

Equipment needed

- Various sized balls
- Hoop
- Bean bag

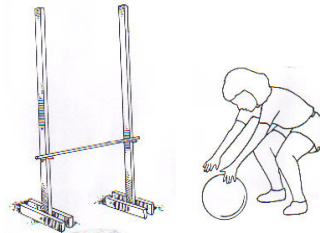
1. Target

Throw a ball / bean bag at a target on a wall. Target should be same height as the top of child's head. Begin with 1.5m distance and increase as child achieves.



2. Roll

Roll a ball through a goal. Begin at 1.5m distance and increase distance as child achieves. The goal mouth should measure 75cm.

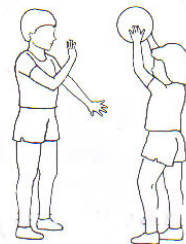


3. Bucket

Throw a bean bag into a bucket or hoop on the floor a short distance away. As child improves, move bucket further away and use a smaller bucket / hoop.

4. Catch

Child throws and catches with a partner. Child uses two hands working towards one handed throw and catch. Begin close enough for child to achieve. Increase distance and decrease size as the child achieves.



5. Bounce

Child bounces and catches large ball with two hands. Once achieved, work towards using a smaller ball and bouncing and catching with one hand.



6. Passing

The child bounces ball between themselves and a partner. Increase distance and decrease size of ball as child achieves.

7. Kick

The child kicks a ball between themselves and a partner. Decrease size of ball and increase distance as child achieves.

Other Suggestions:

Batting balls