



WARM-UP

- (i) Move about the playground, sometimes with big, springy steps and sometimes with tiny steps on “toes” (*balls of the feet*)
When the teacher gives the signal, children show a star or tall shape.
(Children **choose** when they change step)



- (ii) Take a rope from your colour corner and make it into a “C” or “S” (whichever you feel is appropriate at this stage)
Walk with tiny steps on your toes all the way round your rope without stepping on it.
Hop all the way round your rope without hopping on it.

- (iii) Can you jump with two feet together over your rope?
Can you jump over your rope with two feet together and do it from one end to the other?
Can you hop across it from one end to the other?

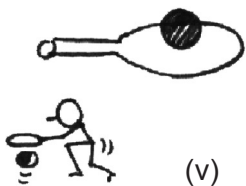


- (iv) **Run** in and out of all the ropes without touching them.
Jump in and out of all the ropes without touching them.
Hop in and out of all the ropes without touching them.
- (v) Run in and out of all the ropes without touching them and when you come to an empty rope, jump over it with two feet together. Put away your rope.

SKILL DEVELOPMENT

- (i) Choose a piece of equipment and show how you can use it.
- (ii) Put away your equipment and take out a small sponge ball.
Throw and catch the ball. Bounce the ball downwards.
Pat the ball upwards.
- (iii) Choose a bat and show how you can use the bat and ball in a controlled way
- (iv) Can you hold the ball on your bat with your hand?
Can you take your hand away and make the ball stay there?

Teach: Level bat, strong wrist, look at the ball.
If you can make the ball stay on your bat, can you walk with it?
(When you walk hold it on with your hand to begin with if necessary or, if necessary, place a quoit on the bat and put the ball inside the quoit!)



- (v) Pat the ball downwards with your bat – how many times can you do it?
Teach: Strong wrist and hand and push the ball downwards.

GAME ACTIVITY

- (i) **TRAFFIC LIGHTS**
GREEN = Steering the ball along the floor quickly.
AMBER = Steering the ball along the floor slowly.
RED = Stop the ball quickly.
- (ii) Progress to traffic lights balancing the ball on the bat.
- (iii) Same as (ii) but bounce the ball **upwards** on GREEN.
Put the equipment away.



CONCLUDING ACTIVITY

Can you skip to draw a big “C” or “S” with your feet on the playground?
(“**ACTION KIDS**” reference: **G16, G39, GA28, GA31, GA33, S19**)