

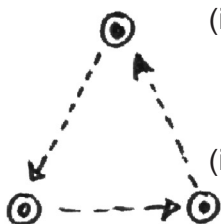
**WARM-UP**

- (i) "LINKED LINES"  
The class is divided into four colour groups.  
*(Could use colour corner groups.)*  
Each colour is given a line along the edge of the playground or netball Court. Children spread out and run and dodge about avoiding contact with one another. When the whistle blows, move and dodge to your colour line. First team to be standing on their line with hands linked wins the game. *(Insist that all space is used for free running and if children make contact on the way to their lines they stand still.)*
- (ii) This game could be played so that "home" is their colour corner and they hold hands in a circle round their colour basket. *(The rule of no contact must always be in place in these games.)*



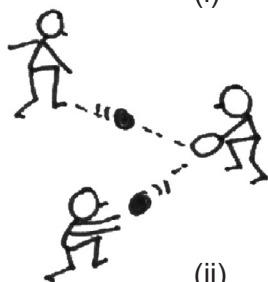
**SKILL DEVELOPMENT**

- (i) Take out one ball / bean-bag / quoit each and practise throwing and catching. How can you make it harder?
- (ii) Throw with one hand and catch with the other?
- (iii) Join together to form groups of three.  
'A' rolls to 'B', 'B' rolls to 'C', 'C' rolls to 'A' etc.  
*(Pick up the ball and roll it quickly in the new direction.)*
- (iv) **Roll** the ball around your group of three, then on a signal from the teacher, change direction.  
*(Change several times with different intervals between each signal.)*
- (v) Use practices (iii) and (iv) but with **underarm throwing** as development.
- (vi) **Bounce** the ball around the group.
- (vii) Development when appropriate -  
'A' bounces the ball to 'B' who bats it with hand to 'C'  
'C' bounces the ball to 'A' who bats it with hand to 'A' etc.



**GAME ACTIVITY**

- (i) "DIRECTION HITTING"  
Collect a bat to each group.  
'A' rolls the ball to 'B' *(who is holding the bat)*.  
'B' hits it along the ground to "C".  
'C' rolls the ball to 'B' who hits it along the ground to 'A' etc.  
Six turns and change over roles so all practise with the bat.  
*(Try using different shaped bats.)*
- (ii) A development when appropriate is the same practice, but bounce the ball to 'B' who hits it for 'C' to catch or catch after one bounce etc.  
*(Make up your own rules.)* Put away equipment and take a ball each.



**CONCLUDING ACTIVITY**

Roll the ball gently in one direction into a space, overtake it and pick it up then pat-bounce the ball into another space to repeat the exercise. *(Repeat several times.)*