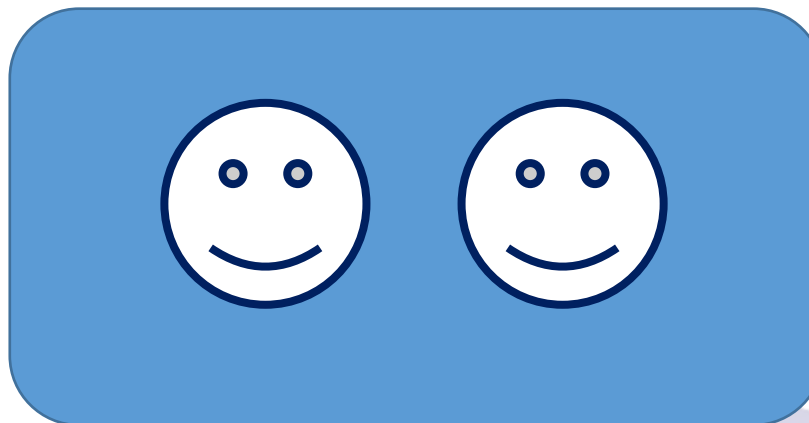


## One More Move

### How to set up:

- ✓ Use a safe space to work in.
- ✓ Have one ball between you.



### How to Play:

- ✓ Play in pairs or small groups.
- ✓ The first player must perform a trick with the ball (balance, catch, ball movement, etc.).
- ✓ The next player must perform the first move, then add one of their own.
- ✓ Players must continue repeating the moves from the beginning and adding one on each time.
- ✓ The player who can complete the sequence without making a mistake wins.

# One More Move

## The National Curriculum

**By practicing this activity, your child will develop the following skills:**

- ✓ Coordination & movement
- ✓ Throwing & catching
- ✓ Ball control
- ✓ Hand-eye coordination
- ✓ Balance

### **National Curriculum Criteria:**

#### **Key Stage 1 (Years 1 & 2)**

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.

#### **Key Stage 2 (Years 3 to 6)**

- ✓ Use running, jumping, throwing and catching in isolation and in combination.
- ✓ Develop flexibility, strength, technique, control and balance.