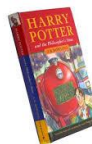


Garden Games

Ball Reactions



Equipment:

- ✓ Ball
- ✓ Variety of random Objects

How to set up:

- ✓ Work with a partner
- ✓ Place some objects around the garden in various places
- ✓ One person needs a ball

How to Play:

- ✓ The person with the ball stands behind their partner
- ✓ They must throw the ball over the head of the person in front and shout an object
- ✓ The front player must quickly get the ball and place it by the said object
- ✓ Swap over after a few attempts
- ✓ To challenge each other see how many you can do in 1 minute

Ball Reactions

The National Curriculum

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

- ✓ Coordination & movement
- ✓ Speed and agility
- ✓ Move with control
- ✓ Quick feet

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.