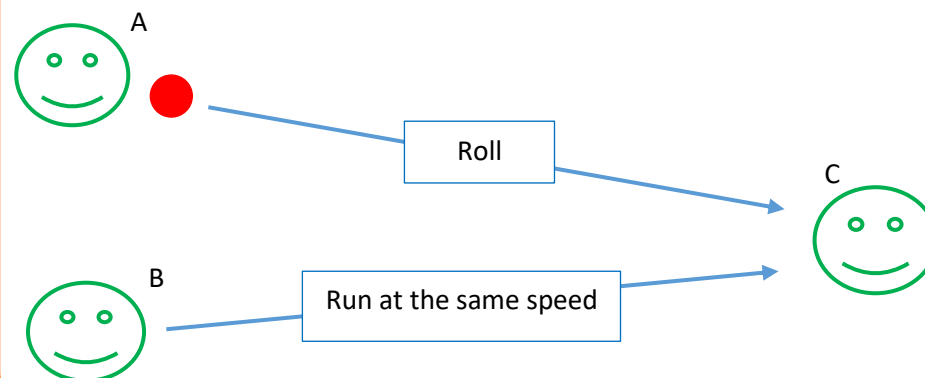


Garden Games

How to set up:

- ✓ Play in groups of 3.
- ✓ Instruct two people to stand at one side of the area.
- ✓ The 3rd person stands 10m away.
- ✓ You will require a ball.



Equipment:

- ✓ Ball

How to score:

- ✓ Players score 1 point if they manage to keep up with the ball and get to the other side at the same time.

How to Play:

- ✓ Player A will roll the ball at a speed of their choice to Player C.
- ✓ Player B must keep up with the ball using the correct pace to arrive at Player C at the same time as the ball.
- ✓ Player B will then roll the ball using a speed of their choice to Player A, Player C must then keep up with the ball using the correct pace to arrive at the same time to Player A.
- ✓ Keep this cycle going.
- ✓ Encourage the children to relate the different speed paces to different athletics events. For example, 100m sprint = fast pace, Long distance running = steady pace.

Speed Ball

The National Curriculum

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

- ✓ Coordination & movement
- ✓ Speed and agility
- ✓ Move with control
- ✓ Problem solving
- ✓ Balance & flexibility

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.