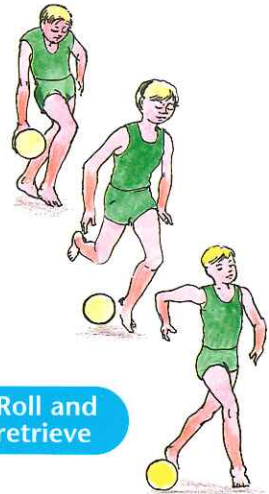
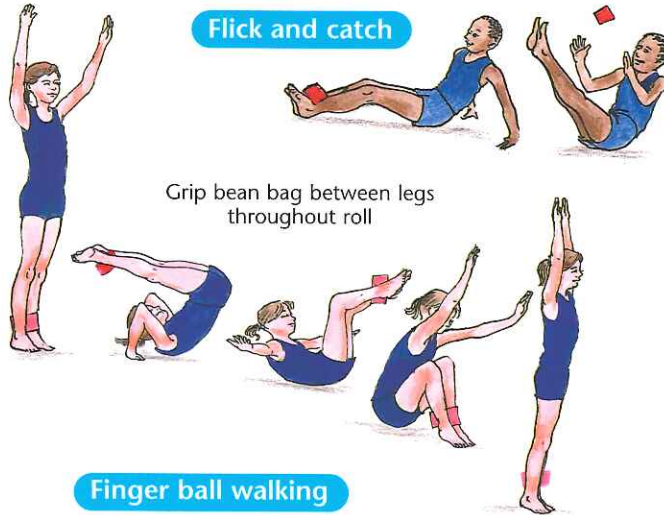


Hand apparatus 1 – bean bags and balls



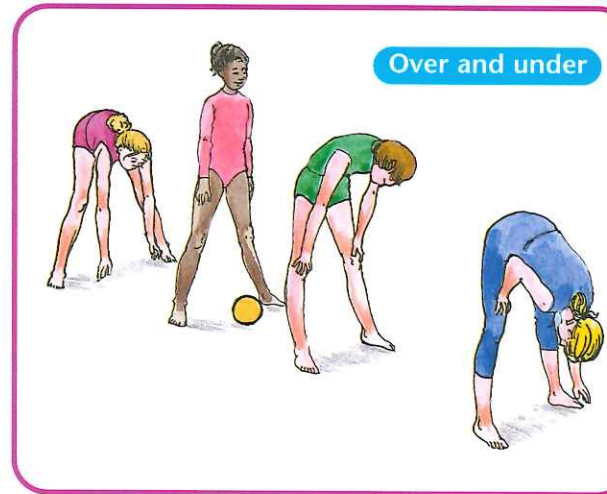
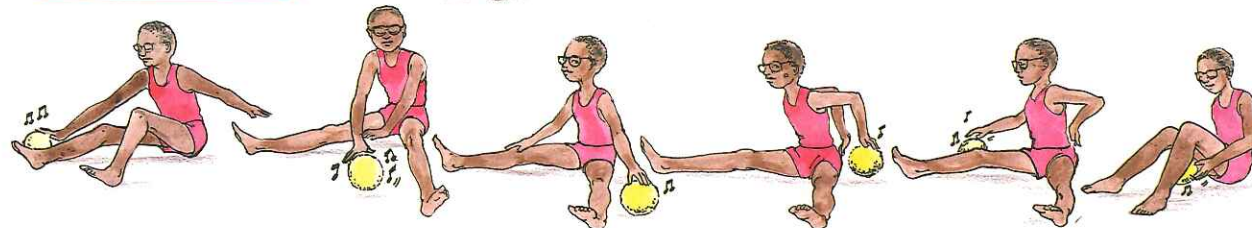
Roll and retrieve



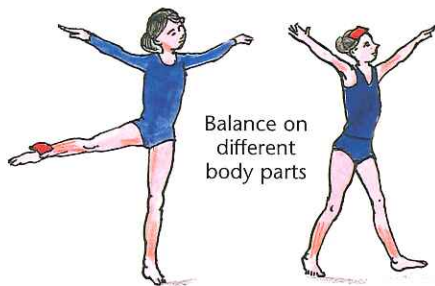
Flick and catch

Grip bean bag between legs throughout roll

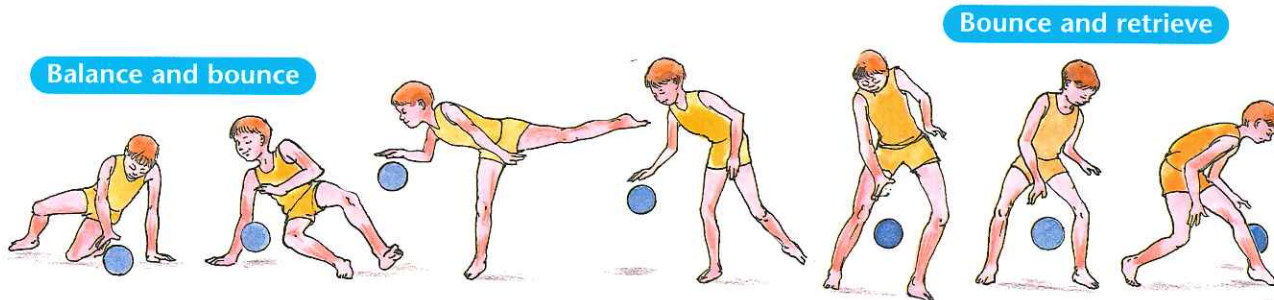
Finger ball walking



Over and under



Balance on different body parts



Balance and bounce

Bounce and retrieve

Over and under

- In teams of four or five, players stand one metre apart, one behind the other, with legs astride.
- Child at back rolls ball through legs of other team members.
- Child at front collects and runs to back of line while everyone else moves forward one place.
- When all have had their turn and player that started has returned to rear, he/she collects ball, runs with it to the front and passes overhead.
- Game ends when second rotation is complete.
- As skill improves, introduce throwing behind head instead of passing.

Think INC.

Different types of ball can be used for some of the activities, e.g. large, small, light, balloon balls, koosh balls and bell balls, and bean bags and scarves.

Vocabulary

Rhythm, variation, co-ordination, suppleness, release, catch, pivot, outward, inward, manipulate

Safety:

- Ensure the children:
- are aware of others
 - avoid windows and doors when throwing
 - throw/roll into space and are aware of others when following a movement pathway
 - have been warmed-up.