

Multi Skills Festival– Golden Nuggets

Learning Outcome:

By the end of the activity, pupils will be able to roll a ball underarm and aim towards a specific target.

Physical Outcomes:

Mobility ☒

Agility ☐

Speed ☐

Strength ☐

Power ☒

Fundamental

Movement Skills:

- Walking
- Running
- Collecting
- Bending
- Rolling

Personal Challenge:

With each attempt, can you hit more cones than you did the previous time.

Equipment Needed

- 15-20 Cones (Different Colours)
- 4-5 Tennis Balls

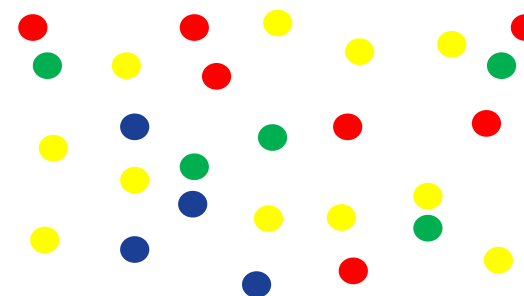
Safety Points

- Pupils who are not rolling must wait behind the waiting line.
- Ensure the balls do not roll into another area.
- Watch where you are running when you go to collect the ball.

Activity Description

- Set up the activity
- Greet children and escort them from previous activity. Ask them to put drinks bottles down safely out of the way of the activity.
- Introduce yourself to the pupils.
- Give a clear explanation of activity
- Provide a visual demonstration.
- Split pupils into small groups (4-5 pupils).
- Pupils stand in a line in their groups behind the waiting line.
- The first pupil in each of the groups stands at the rolling line and rolls the ball towards the (asteroids) cones. Aim for a specific asteroid (cone).
- The pupil to collect their ball. If they hit a cone, they pick it up (if they hit more than one, they only collect the first).
- Pupils keep trying until all of the cones have been collected.
- For the second attempt, challenge the pupils to see which group can collect the most cones.

Diagram



Coaching Points

- Stand with one foot slightly in-front of the other and bend your knees.
- Hold the tennis ball with one hand.
- Swing your arm forward and back equally. Your arm should not come above your waist.
- Keep both feet on the floor
- Follow through in the direction of the throw.

Easier/Harder (STEP Principle)

- Space: Move the cones closer or further away from the rolling line.
- Task: Aim for a specific colour of cones or award points for the number of cones hit.
- Equipment: Increase or decrease the number of cones.
- Participants: Increase or decrease the number of pupils on a team.

REMEMBER- SMILES

Safe: Participants feel physically and emotionally safe.

Maximum Participation: Participants are fully involved all of the time.

Inclusive: All participants can take part.

Learning: Participants develop personal, social, creative, thinking and physical skills.

Enjoyment: Activities recognise individuals personal needs and interests.

Success: Participants feel they are making progress and getting satisfaction.