

Multi Skills Festival– Move The Ball

Learning Outcome:

By the end of the activity, pupils will have good object control being able to place the ball from one cone to the other.

Physical Outcomes:

Mobility ☒

Agility ☒

Speed ☒

Strength ☐

Power ☐

Fundamental

Movement Skills:

- Walking
- Running
- Carrying
- Bending
- Stretching
- Extending

Personal Challenge:

Can you complete the relay in a faster time than you did the previous?

Equipment Needed

- 30-40 Cones
- 15-20 Tennis Balls

Safety Points

- Make sure the balls are on the cones and not rolling into the other teams area or another activity area.
- Keep looking where you are running

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).
- The first person in each group moves out to the cones by walking.
- Pick up the tennis ball and place it on the cone opposite. Continue this down the whole length of the course.
- Once at the end, sprint back and tag the next person in your group.
- This person then moves the tennis balls across again to the opposite cone.
- On the second attempt, complete the relay running instead of walking.
- On the second attempt, see if the groups can complete it in a specific time frame, such as under 1 minute.

REMEMBER- SMILES

Safe: Participants feel physically and emotionally safe.

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

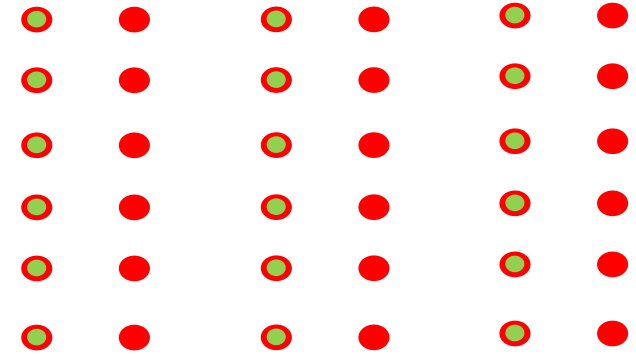
Inclusive: All participants can take part.

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.

Diagram



Coaching Points

- Keep your head up and try to look where you are going.
- Move from side to side between each of the cones to enable you to move quickly.
- Bend from your knees rather than try to maintain good posture rather than reaching over.

Easier/Harder (STEP Principle)

- Space: Increase or decrease the space between each set of cones.
- Task: Only use one hand to complete the relay.
- Equipment: Increase or decrease the number of cones and tennis balls.
- Participants: Work with a partner or in a smaller group to see how quickly you can each complete the relay.