

# Multi Skills Festival– Passing

## Learning Outcome:

By the end of the activity, pupils will be able to demonstrate that they can successfully pass and catch a ball.

## Physical Outcomes:

Mobility ☒

Agility ☐

Speed ☐

Strength ☐

Power ☒

## Fundamental

### Movement Skills:

- Walking
- Running
- Catching
- Carrying
- Throwing
- Turning
- Twisting
- Bending

## Personal Challenge:

How many times can you as an individual catch the ball consecutively without dropping it.

## Equipment Needed

- 4-5 Soft Balls
- 15-20 Spot Markers (Different Colours)

## Safety Points

- Make sure there is sufficient space between each of the groups.
- Ensure the balls do not go into another activity area.

## 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.
- Explain that the activity is going to focus on passing which would be used in a variety of different sports.
- Give a clear explanation of activity
- Provide a visual demonstration.
- Split pupils into small groups (5-6 pupils).
- The pupils need to get into a line using the spots, facing the same direction.
- The first person in the line keeps their feet still and twists their body to pass the ball. This continues until the ball reaches the end.
- Change the type of pass so that the pupils turn to face the next person and perform a chest pass to the person. This continues down the whole line.
- Change the pass so the pupils have to perform a bounce pass.
- Challenge the pupils to see if they can stand on one leg when passing the ball.

## REMEMBER- SMILES

**Safe:** Participants feel physically and emotionally safe.

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

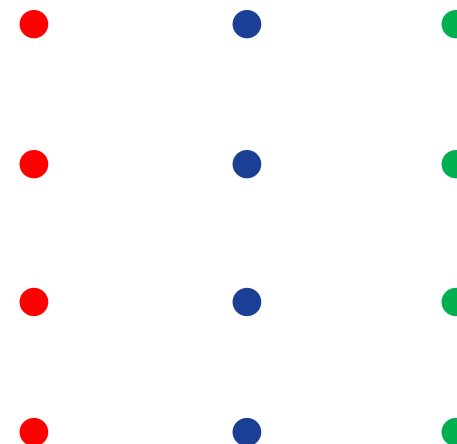
**Inclusive:** All participants can take part.

**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

- Stand on one of the spots.
- Be ready to catch or receive the ball.
- Make sure the other pupil is looking before you pass them the ball– Communicate with everyone
- Pass and catch the ball with two hands.
- Twist your body from your waist instead of moving your feet and turning around.

## Easier/Harder (STEP Principle)

- Space: Increase or decrease the distance between each of the pupils.
- Task: Change the type of pass the pupils should perform.
- Equipment: Change the ball for a different size or type of ball.
- Participants: Increase or decrease the number of pupils on the teams.