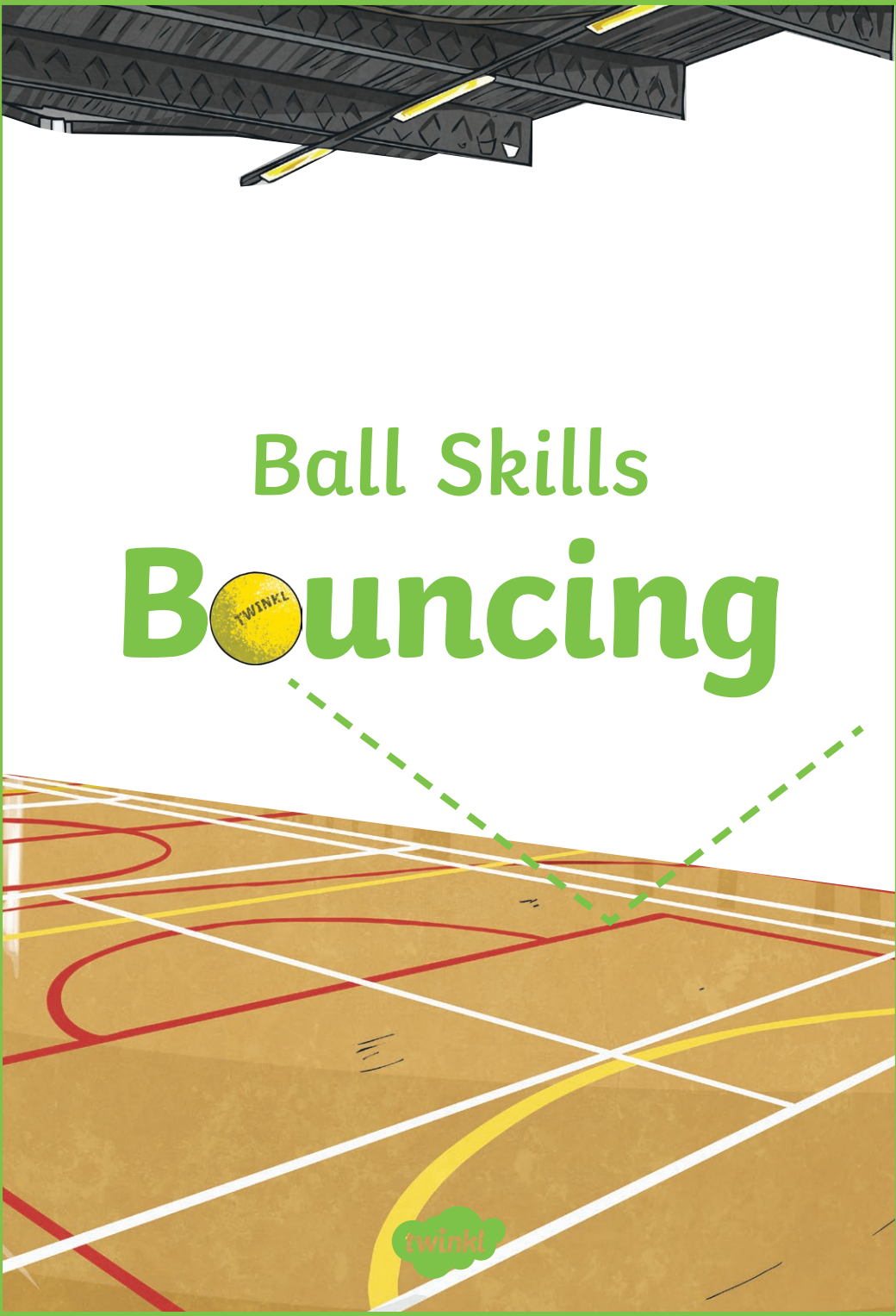




Ball Skills Bouncing

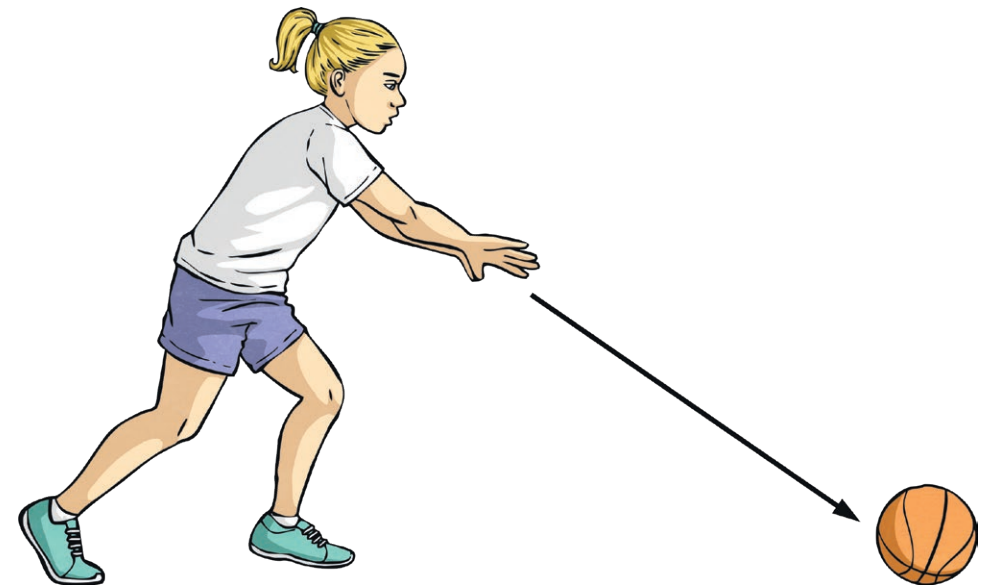
Ball Skills Bouncing

Two Hand Bounce

Stand on one spot. Hold the ball in both hands, joining your thumbs together to make a 'W' letter. Spread your fingers over the ball to give you better control. When the teacher shouts "Go!"; bounce the ball once. The teacher will shout more quickly so it will get trickier.

Your teacher might challenge you to bounce the ball a certain number of times or as many times as you can.

To make it even trickier, try clapping your hands in between each bounce!



Two Hand Blind Bounce

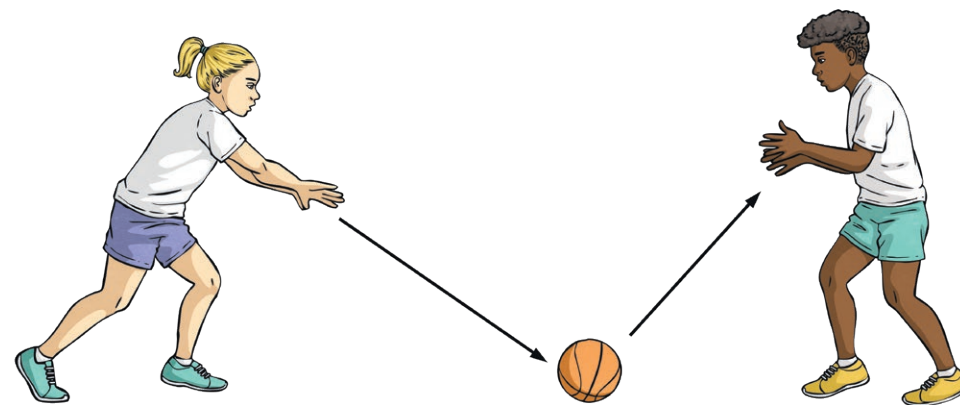
Stand on one spot. Hold the ball in both hands, joining your thumbs together to make a 'W' letter. Spread your fingers over the ball to give you better control. **Now close your eyes!** When the teacher shouts "Go!" bounce the ball once. The teacher will shout more quickly so it will get trickier.

Your teacher might challenge you to bounce the ball a certain number of times or as many times as you can.



Two Hand Partner Bounce

Stand facing your partner, with about 1 metre between you. Hold the ball in both hands, joining your thumbs together to make a 'W' letter. Spread your fingers over the ball to give you better control. Aim to bounce the ball at about $\frac{3}{4}$ of the way to your partner. It should bounce up to their hand height. Your partner will catch the ball in both hands before bouncing it back to you in the same way.



One Hand Bounce

Standing on one spot, hold the ball in both hands, one hand on the top of the ball and one hand on the bottom of the ball.

Spread your fingers over the ball to give you better control.

When you start bouncing the ball, simply take your hand away from the bottom of the ball to bounce it. When the teacher shouts "Go!"; bounce the ball once. The teacher will shout more quickly so it will get trickier.

Your teacher might challenge you to bounce the ball a certain number of times or as many times as you can.

To make it even trickier, try clapping in between every bounce!



One Hand Bounce Challenges

Standing on one spot, hold the ball in both hands, one hand on the top of the ball and one hand on the bottom of it.

Spread your fingers over the ball to give you better control.

When you start bouncing the ball, simply take your hand away from the bottom of the ball to bounce it.

The teacher will shout out different challenges for you to do while bouncing the ball.

Sit down with your legs in a basket

Stand on one leg

Kneel on one knee

Kneel on both knees

Sit down and stand up

Bounce with your non-dominant hand

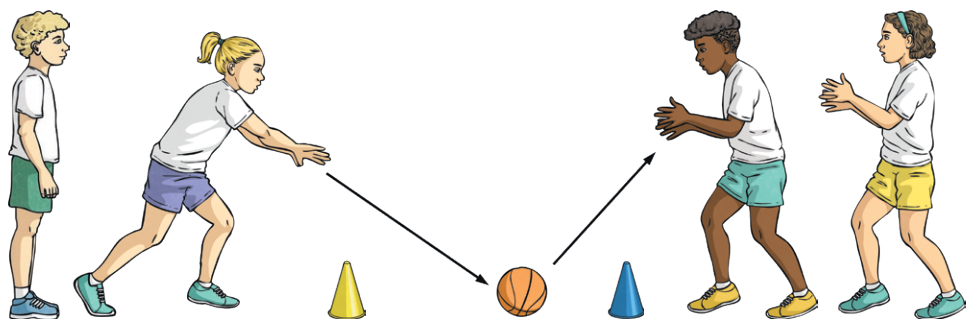
Twirl in between bounces

With your legs as wide as possible

Bounce the ball with your elbow

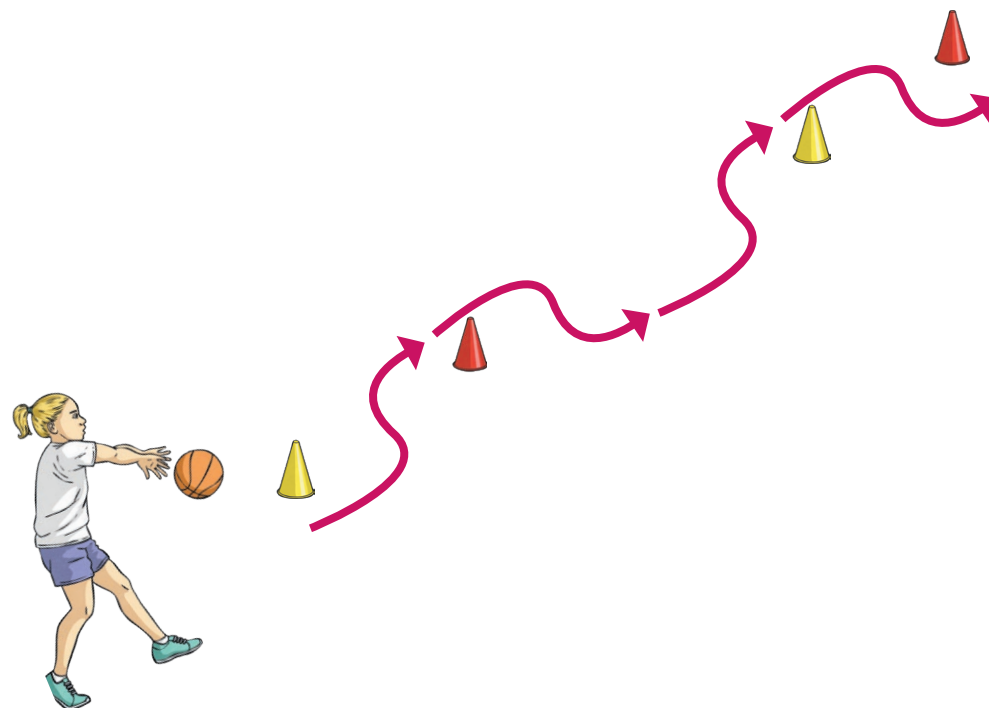
One Hand Bounce Relays

Your teacher will split you into teams. Stand in a line behind the starting cone. Use a one handed or two handed bounce to move the ball to the other side of the playing area, where a member of your team will be waiting. Pass the ball to them using a bounce pass. They will bounce the ball back to the starting cone to the next person.



Snake Bounce

As a team, stand in a line behind the starting cone. There will be cones in a straight line in front of you. Use a one handed or two handed bounce to weave the ball around the cones. When you reach the end, weave the ball back down to your group before joining the end of your line.



Team Bounce

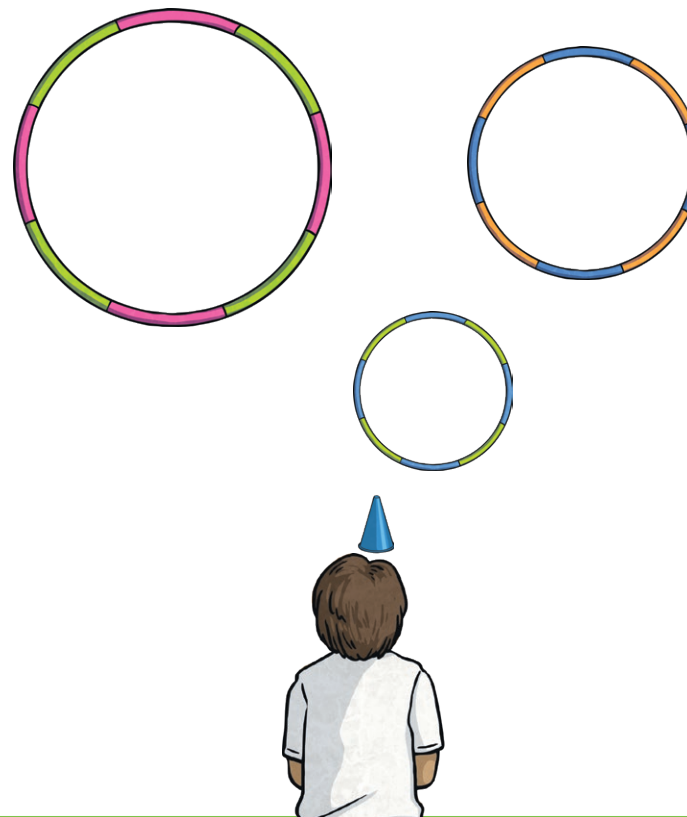
Your teacher will split you into two teams. One team will stand in a line and you will take turns to bounce the ball to the other end of the playing area and back again. Once you have all had a turn, sit down in your line. The other team will stand in a circle with one of your team or your teacher in the middle. The middle person will have a ball and will try to do as many passes around the circle as possible before the other team sit down. Your two teams will then swap and try to beat the record.



Target Ball

Spread out hula hoops on the floor in your playing area. These will be your targets. Place a cone on the floor, which will be the place where you bounce the ball from. Stand at the cone and throw the ball so that it bounces inside one of the hula hoops. Retrieve the ball, pass it to the next person in the line and then join the end of the line.

To make it more challenging, give each hula hoop a point value. Small point values for close hoops and bigger point values for far away hoops. Add your points on after each throw.



Competition Card

1 Races

In teams, line up along the edge of your playing area. Bounce the ball while running to the other side of the area and back again before passing it onto the next person in your team. The first team to have finished wins. You can bounce the ball using one or two hands.

2 Partner Competition

Face your partner. The teacher will shout "Go". Once you have completed 20 bounce passes, sit down. The first pair to sit down wins. You can bounce the ball using one or two hands.

3 Relay Races

In teams, line up along the edge of your playing area. Bounce the ball while running to the other side of the area, where the next person in your team will be waiting. They will bounce the ball back to the starting position and pass the ball to the next person. The first team to complete the task wins! You can bounce the ball using one or two hands.

It's a Knock Out!

You will have a ball and find a space in the playing area. You can use a one handed or two handed bounce to run around the playing area while bouncing the ball.

You can use a hand to knock out another player's ball. If someone's ball goes outside the playing area, they are out and must sit at the side of the playing area.

Continue playing until there is a winner.

