

Activity: Netball

Focus: Passing



You will need:



- A ball (alternatively you can use a toilet roll)
- Somebody to partner with or a wall you are allowed to throw a ball against (check with an adult first!)

Safety

- Be careful of your surroundings
- Make sure you have enough space when throwing the ball



Set Up

- Today's theme is the **Hawaii**. Get your sunglasses on and surfboard at the ready.

Levels

- L1:** Surfs Up: Starting on your surfboard get ready to ride some waves! You will need a member from your household or a teacher to call out some surfing actions which you can perform (e.g. swim, pop up, jump spin).
- L2:** Standing 5 big steps away from the palm tree (wall or partner) throw the coconut against the palm tree/to your partner under arm with two hands 10 times.
- L3:** Chest Pass the coconut against the palm or to your partner 10 times. Hold the ball making a W shape with both hands and push the ball towards the target, keeping your elbows tucked in.
- L4:** Shoulder Pass the coconut against the palm tree or to your partner 10 times. Pass the ball from your shoulder with one hand throwing in a arch shape.
- L5:** Bounce Pass the coconut 10 times to your target (wall or partner). Make sure the ball bounces just over half way between the target.
- L6:** Take 3 more steps back and practice L3-L5 10 times each. Make sure to adjust the power of your pass to be able to get the coconut to your target.

Key Teaching Points

Make W shape with your hands to hold the ball

Step forward to get more power into the pass

Elbows tucked in for the chest pass

Need to make it easier?

Move closer to your passing target
or

Use 2 hands on the shoulder pass

Challenge

How many times can you chest pass the coconut against the wall/to your partner in 1 minute?

PH Sport target is 25 passes.





Activity: Multi-Skills

Focus: Catching

You will need:



- A ball (or rolled up pair of socks/toilet roll)
- A partner (or a wall – check with a parent first!)

Safety

- Be careful of your surroundings
- Make sure you don't bump into anything or anyone

Set Up

- Today we are off to Hawaii so get your sunglasses and Hula Lei on and get ready to have some fun on the beach!



Levels

- L1:** Surfs Up! Get your surfboard and swim out into the ocean. If the lifeguard (somebody in your household/teacher) calls out an action you need to perform it e.g. surf the wave, pop up, swim, dive into the water etc.
- L2:** For the following levels you will need to imagine your ball or alternative is a coconut. Throw the coconut in the air and catch it with two hands x10.
- L3:** Throw the coconut up in the air and catch it with one hand x10.
- L4:** Throw the coconut against the palm tree with two hands (wall or partner check with an adult) and catch it with two hands x10.
- L5:** Throw the coconut against the palm tree with one hand catch it with the same hand x10.
- L6:** Throw the coconut against the palm tree with one hand and catch with the opposite hand x10.
- L7:** Balance on one leg like a hula dancer. Throw the coconut against the palm tree with one hand and catch with the same hand. Repeat x10 and then again catching with the opposite hand x10.

Key Teaching Points

Catching with your hands in a bowl shape.

Keep your eyes on the ball.



Need to make it easier?

Use a bigger ball
or
Stand closer to the wall

Challenge

- How many times can you throw and catch the coconut in 30 seconds?
- The PH Sports target is 14!

