

1 Ball awareness

Pass the ball:

- around the waist;
- around two legs/one leg;
- under bent knees while sitting.

2 Explore

Ask the children to explore ways of sending the ball to each other. List the answers given. In this lesson we are going to concentrate on rolling.



Rolling

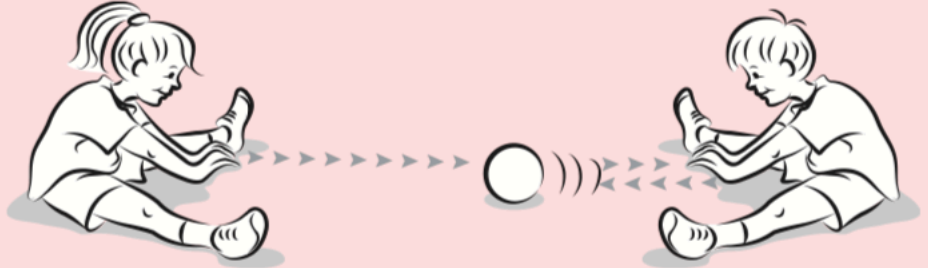
Roll the ball back and forth between legs using both hands.

Kneel and roll the ball from side to side. Roll the ball around half of your body.

Roll the ball against the wall and scoop it up

OR

in pairs, roll the ball to a partner.



The children stand, bend and with one hand roll the ball to their partner.

