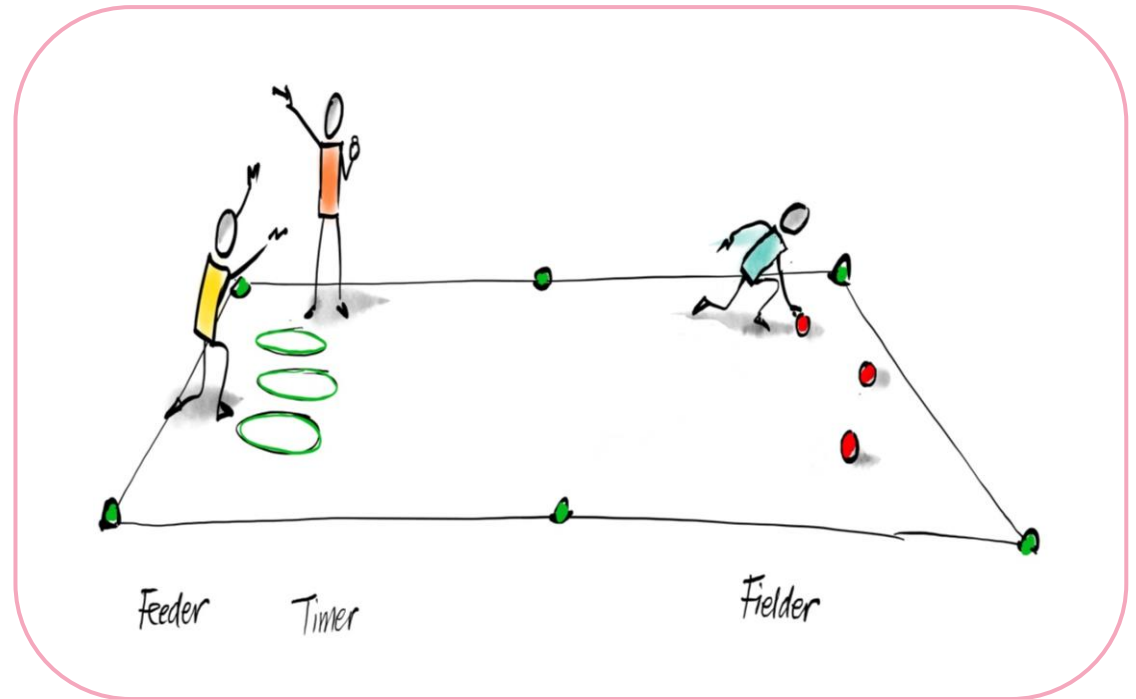


equipment:

- Tea towels
- Socks
- Shoes

how to set up:

- Use a space in the garden.
- If you have 3 family members that can play the game, give them the roles: (One Fielder, one Feeder and one Timer).
- Set up an area 5 by 20 steps.



how to play:

- The Feeder rolls 3 objects (socks, etc) out into the group's area - they must stay in the area.
- When the last object has been rolled the timer calls 'Go'.
- Fielders must collect all three objects and return them to the start.
- The Timer times how long it takes the Fielder to collect all 3 objects and get them back to the start.
- Fielders must remember their time.
- Swap roles and repeat the exercise.
- On their next go at fielding the aim is to beat their previous time.

This document is for guidance only.

Please consider individual child requirements and carry out a risk assessment of facilities and equipment before activities.

By practicing this activity, your child will develop the following skills:

- ✓ Coordination and movement
- ✓ Speed and agility
- ✓ Move with control
- ✓ Speed endurance
- ✓ Competing with others
- ✓ Reaction time
- ✓ Aiming
- ✓ Throwing

National Curriculum criteria:

Key Stage 1 (Years 1 & 2)

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.
- ✓ Participate in team games, developing simple tactics for attacking and defending.

Key Stage 2 (Years 3 to 6)

- ✓ Use running, jumping, throwing and catching in isolation and combination.
- ✓ Develop flexibility, strength, technique, control and balance.
- ✓ Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.

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