

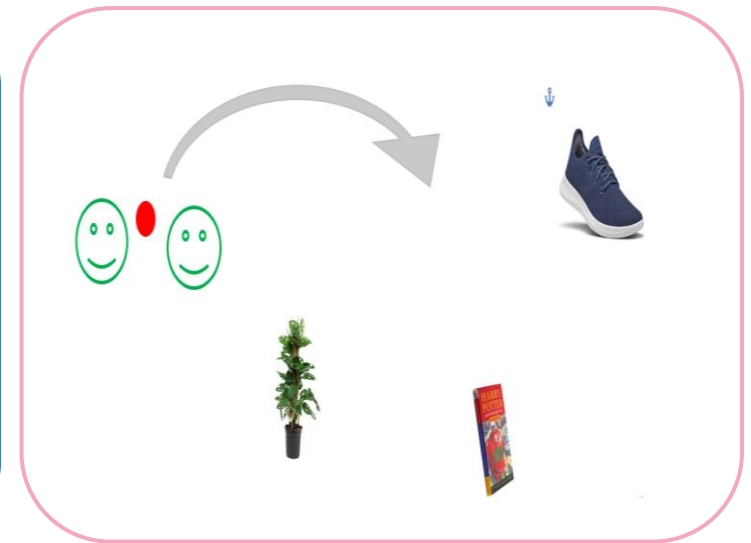
how to set up:

- Work with a partner.
- Place some objects around the garden in various places.
- One player needs a ball.

[Video Demonstration](#)

equipment:

- Ball
- Variety of random objects



how to play:

- The player with the ball stands behind their partner.
- They must throw the ball over the head of their partner and shout an object.
- The front player must quickly get the ball and place it by the object named.
- Swap over after a few attempts.
- To challenge each other, see how many you can do in 1 minute.

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
- ✓ Quick feet

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.

Key Stage 2 (Years 3 to 6)

- ✓ Use running, jumping, throwing and catching in isolation and combination.
- ✓ Develop flexibility, strength, technique, control and balance.

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