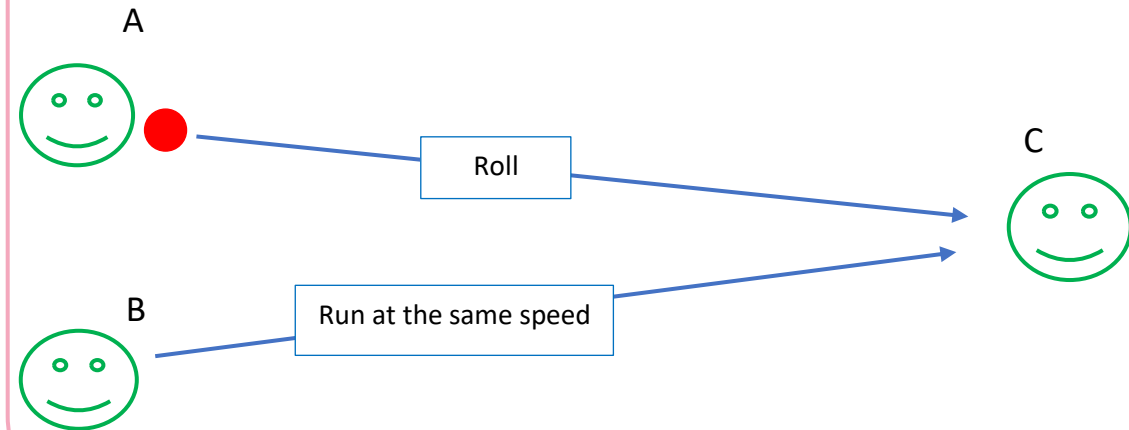


how to set up:

- Play in groups of 3.
- 2 players should stand at one side of the area.
- The third player stands 10m away.
- Teams will require a ball.

[Video Demonstration](#)



how to play:

- Player A will roll the ball at a speed of their choice to Player C.
- Player B must keep up with the ball using the correct pace to arrive at Player C at the same time as the ball.
- Player B will then roll the ball using a speed of their choice to Player A, Player C must then keep up with the ball using the correct pace to arrive at the same time to Player A.
- Keep this cycle going. Players score 1 point if they keep up with the ball and get to the other side at the same time.
- Encourage the children to relate the different speed paces to different athletic events. E.G. 100m sprint – fast pace.

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
- ✓ Problem solving
- ✓ Balance & flexibility

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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