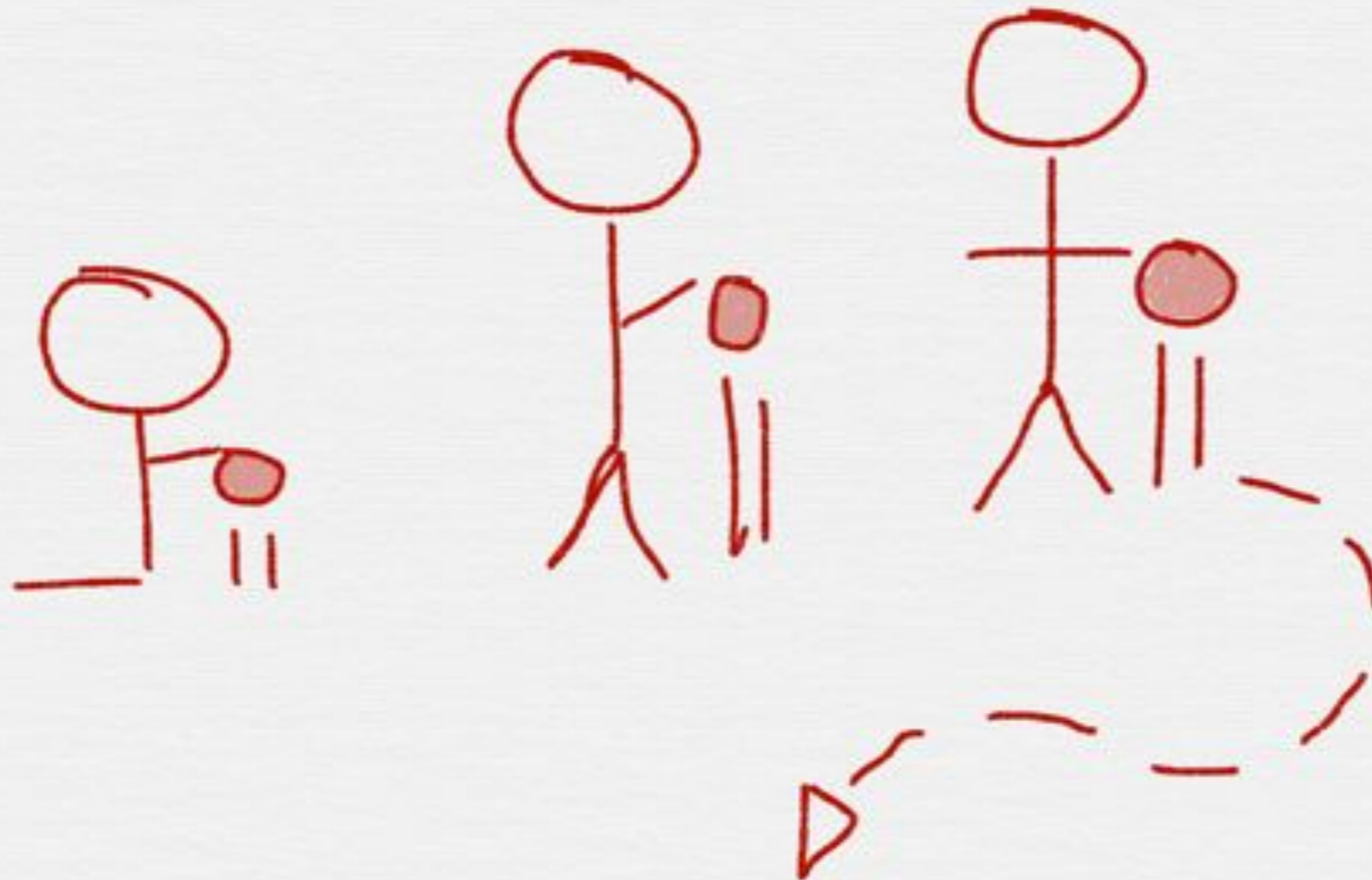




Bounce Challenge



Alex

**Start on knees, then standing,
then moving around**

QR code

Description

Start on their knees, then onto their feet and then can they do it moving. (this dribbling can be used as traveling in other games.)

Curriculum links

PD: Control body movement, develop gross motor skills.

Equipment

Bigger size balls, small size footballs or similar, spots.



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Progression

- Encourage high quality movements:
- Bounce close to body
 - Using fingers to push ball towards ground
 - Contact with ball in level with torso

Number of children

Set up as garden, small group of children