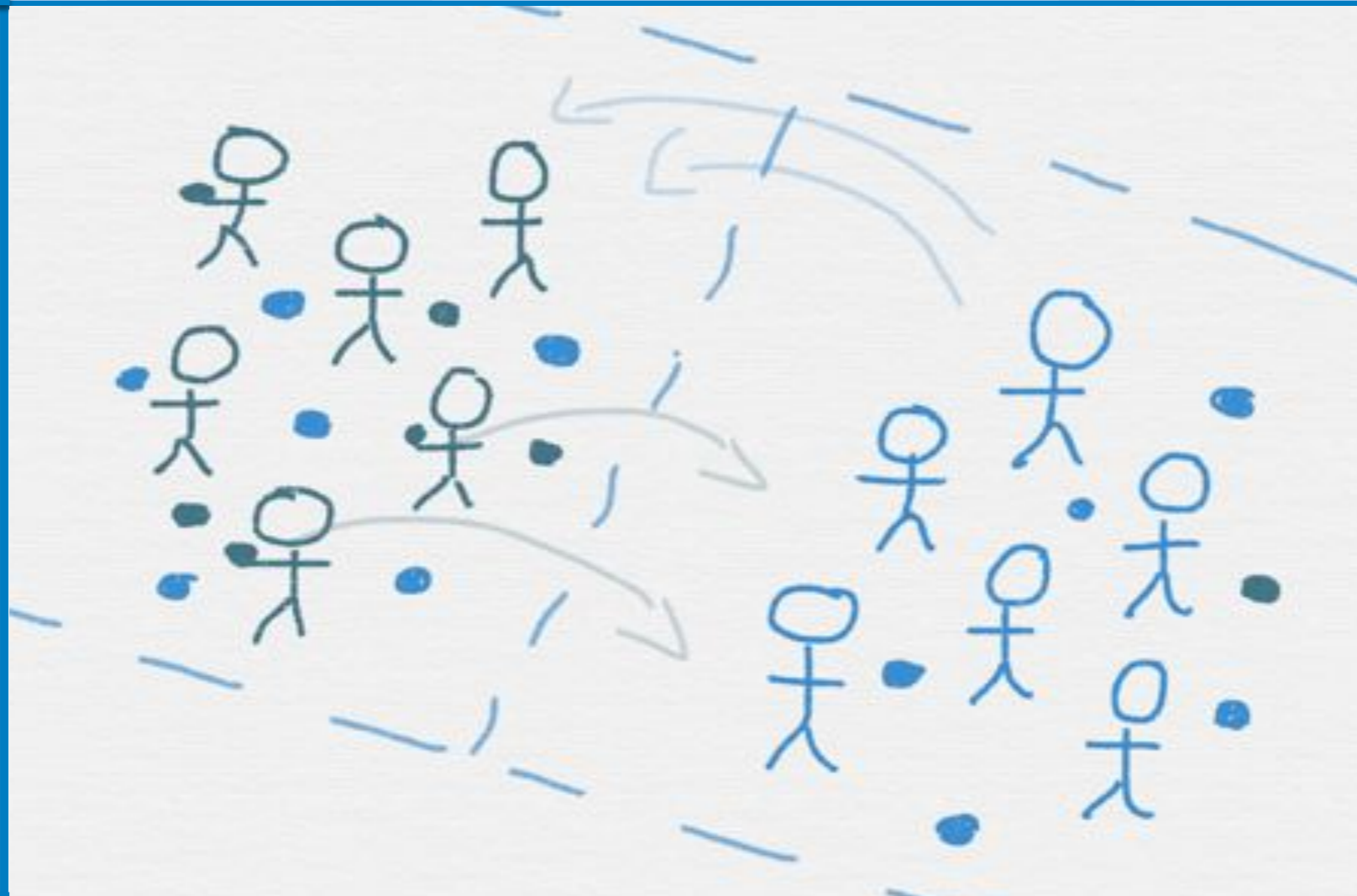




Clean your room!



Work in groups to clear your team's space

QR code

Description

Group split in two coned line between the groups. In each group's space collection of balls (soft). Aim is to clear your teams area by throwing the items into the other teams space.

Curriculum links

PD: Control body movement, develop gross motor skills.

Equipment

Collection of different size soft balls, cones to mark off space



Progression

Encourage high quality movements:

Underarm

- Arm swings downward and back
- Contralateral step
- Segmented body rotation

Over arm

- Arm wind up
- Contralateral step
- Segmented body rotation

Number of children

Whole class or small groups (depending on space)