



These plans are made for all primary school aged children to do at home to keep active there are different ways they can be adapted to make easier/harder for each age group (colour coded **BLUE = Rec & KS1**, **GREEN = YEAR 3 & 4**, **ORANGE = YEAR 5 & 6**)

Unit Title: Co-ordination 2

Time	Content	Activity description working individually	Adaptation for 2+ players	Equipment needed	Additional Skills
10 – 15 mins	Drop ball, catch ball	<p>For this activity you have to drop a ball with 1 hand and then catch with the other before the ball touches the ground and repeat.</p> <p>Aim to do 1 or more.</p> <p>Aim to do 3 or more.</p> <p>Aim to do 5 or more.</p> <p>Teaching Points (Eyes on ball, react quickly, concentrate).</p>	If there are more than 1 person playing, then see who can do the most without dropping?	Ball	Counting Reactions
10 – 15 mins	The jumper	<p>In this activity you need to throw a ball at a wall and when it comes back towards you jump over it.</p> <p>Try and jump over the ball 3 times without it hitting you.</p> <p>Try and jump over the ball 6 times without it hitting you.</p> <p>Try and jump over the ball 10 times without it hitting you.</p> <p>Teaching Points (Eyes on ball, ready on your toes, jump early and high).</p>	If there are more than 1 person playing then 1 person throws and 1 person jumps, award a point if you hit your opponent.	Ball Wall	Reactions



10 – 15 mins	Knee tap war	You need 2 players for this game.	<p>For this game what you have to do is try and tap your opponent's knees, whilst they try and tap yours.</p> <p>See who can tap their partners knee the most!</p> <p>Teaching points (squat down, on your toes, reach in to tap and then step back out to defend yours).</p>		Reactions
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