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We are developing our throwing accuracy and understanding of its importance



Warm-up - Free Throw + Catch

If available, children spend time exploring and practising their throwing and catching skills using a range of balls of different sizes or other safety equipment. Challenge the children to make as many consecutive successful catches as possible. Allow the children to change their equipment as much as they need to, practise with other bits of equipment, and find something they are comfortable with while refining their technique. Can the children make any interesting catches (one-handed, trapping it against their body, catching after performing a jump or a spin etc.)?

Activity 1 - Battleships

Around the playing area, position hoops on the floor spaced so that children can travel between them. Children work in pairs with a ball they can pass between them for this activity. The game aims to sink as many battleships as possible in their teams. The hoops are the battleships, and to sink them, children must complete 5 passes back and forth over the top before moving on. Each pair keeps track of how many ships they can sink. Give a one-minute time limit and see how many battleships each pair can sink. The number of passes could be increased, or the number of available hoops decreased to make the activity more challenging. You could also have more than one pair working at the same battleship, so they must be careful and controlled with their passing.

Activity 2 - Chase Ball

Allocate students into groups of 8. Within their groups of 8, they form two lots of 4. A chase ball pitch is set up using 2 colours of cones to create 2 overlapping squares, one set up as a standard square and the other overlapping in a diamond shape. Each of the children stands on a corner of one of the squares that overlap. The aim of the game is to race to get the ball passed around all 4 members of the team before the other 4 catch up. If a ball is dropped, the child who fell it should retrieve it and return to their corner cone as soon as possible to continue the passing and try and catch up again and overtake their opponents.

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Activity 3 - Target Ball

Children work in teams of 5 or 6 and play against another team. Using smaller balls such as sponge balls or tennis balls, children will attempt to hit a larger target ball across the boundary of a square onto their opponents' side of the pitch. To set up the pitch, mark a square of roughly 10x10m with a target ball inside the square. Each team aims their smaller balls at the target ball to push it across the square's boundary and into their opponents' pitch side. The game continues until the ball is pushed onto a side, the team successfully aiming their balls at the target ball and moving it onto their opponents' side to gain a point. The game can also be played with 4 teams on each side of a central square with a target ball in the middle.

Equipment:

- A selection of smaller balls
- Some more giant balls to act as target balls
- Cones to set up as corner posts in the chase ball activity
- Cones or floor lines to mark out centre squares for the target ball

Set up:

- A large area for children to play within
- Pitches set up with overlapping squares for Chase Ball
- Pitches set up with a centre square for Target Ball