



For The Teacher

Early Primary Year – Kindergarten/Transition/Prep/Reception/Pre-Primary

Week 5

Title **Ball Time**
Theme **Skills Drill**

Overview

Students will play with a selection of different balls.

The students will be made aware of the need to drink adequate water while participating in any physical activity.

Time required

40 minutes

Preparation

- a selection of balls (soft touch or foam balls, mid-sized light balls, netballs, footballs, tennis balls)
- 2 – 4 balloons blown up
- radio or CD player

Background information and discussion points

Students will play a variety of ball activities:

In Pairs

Partner passing

In pairs, students undertake a range of co-operative passing activities with a selection of balls (netballs, footballs, tennis balls, balloons, mid-size light balls). This is when they pass the ball from one to the other while facing each other.

Twist and Turn

Students stand back to back with their partner. One student begins with the ball, and turns to one side to pass it to their partner. Students continue passing the ball to each other by twisting from side to side. Change direction. Encourage the students to move their hands to the ball.

Variation: working in groups of 4, students stand facing out from each other (i.e. looking to four points of a compass / forming right angles with their neighbours). Two balls of different sizes and weights are passed by twisting from side to side.

Bend and Stretch

Students stand back to back with a partner, with a step's distance between them. One student begins with the ball, and passes it overhead to their partner, handing it into their partner's hands. The student who now has the ball bends over and passes it back to their partner between their legs. Students continue bending and stretching to pass the ball. Change direction. Encourage students to hold their hands close together when receiving the ball.





Throw and Catch

Students stand three to four steps from each other and gently throw ball/balloon underhand to their partner to catch. Encourage students to keep their eyes on the ball when attempting to catch. Also try not to snatch at it – allow the ball to arrive in their hands.

To increase the difficulty students can be asked to clap in between (throw ball to partner, clap hand then catch ball/balloon that partner is throwing back).

Groups of 8-10

Circle passing

In groups, students stand in a circle with their shoulders almost touching each other. A light, medium-sized ball is passed around the circle. As each player receives the ball they pass it on to the next player in a clockwise direction. Gradually increase the circle size making it a little more difficult for each student to pass the ball to their neighbour.

This activity can be varied by

- having students sit in a circle 3-4 steps from each other and have them roll or throw the ball from a sitting position to the next student to 'catch' the ball in front
- on a command changing the direction of the ball by calling out "CHANGE"
- introducing a second ball

For an extension activity have students walking or skipping around a circle receiving a ball from a stationary student who is in the centre of the circle (this may be easier to start with walking or rolling the ball).

Individually

Catching

With a light, mid-sized ball (or a balloon) students try to throw and catch the ball/balloon by themselves.

Bouncing

Have students see how many bounces they can do without the ball getting away from them (students can use one or two hands).

Warm Up Activity - Follow the Leader

One student is the leader and chooses a creative way of moving around a space such as a lined court. Examples could include hopping, jumping, dancing, skipping while clapping hands, galloping etc. The rest of the class imitates the actions while continuously moving. Change leader every 15-20 seconds. If there is enough time until all students have had a chance to be the leader. Music can be included in this activity to add another dimension – rhythm and beat.

The human body is made up of 55-75 per cent water. Water helps carry nutrients throughout the body, aids in digestions and helps regulates body temperature. Human beings need to balance their water intake with what is lost on a day to day basis.

Increased physical activity requires an increase in water consumption to control body temperature and to cool working muscles.





Support Materials and References

For Kids

1Seven article: [Tap Water Best for Teeth](#)

1Seven article: [Top Up Your Tanks](#)

For Teachers & Parents

1Seven article: [School Sport a Lifetime Habit](#)

Better Health Channel, Water - a vital nutrient

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Water_a_vital_nutrient?open

Thinking strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
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Gardner's Multiple Intelligences

Verbal/ Linguistic	Bodily/ Kinesthetic	Musical	Logical/ Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
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Edward De Bono's Six Thinking Hats

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
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Student learning tasks

1. Students warm up with a five-minute game of Follow the Leader. Give all students the opportunity to be leader if there is sufficient time. Following that, organise students in pairs.
2. Demonstrate the activity – Partner Passing
3. Allow students to begin the activity. Allow them 2-3 minutes to complete this task.
4. Demonstrate the activity – Twist and Turn
5. Allow students to begin the activity. Allow them to practice for 2-3 minutes, assisting students who need additional instruction.
6. Demonstrate the next activity, Bend and Stretch, allow the students to do the activity for 2-3 minutes. Do the same for the third partner activity – Throw and Catch. Remember to provide additional assistance students who might need a little more instruction.
7. Divide students into groups of 8-10. Explain and demonstrate the Circle Passing activity. Play Circle Passing for 5-10 minutes, gradually increasing the difficulty, or modifying the activity dependent on the students' abilities.
8. An optional activity can be having the students finish the lesson with some individual ball activities, such as catching and bouncing.

Encourage students to drink plenty of water throughout the activities.

