

NAME: LOCKDOWN LESSONS

AGE: INFANTS

SUBJECT: PE

TOPIC: GAMES

SKILLS: ROLLING AND TACTICS

BURNLEY SCHOOL SPORTS PARTNERSHIP

WHAT WE WILL LEARN TODAY

- ROLLING FOR ACCURACY
- UNDERSTAND HOW TO PLAY A COMPETITIVE GAMES

EQUIPMENT

- 4 FLAT ITEMS (TEA TOWEL, SCARF, CUSHIONS)
- 1 LARGE OBJECT (BIN/CHAIR/BOX)
- 2 MARKERS AS GOALS
- 4 BALLS MADE OF ROLLED UP SOCKS

ROLLING

PRACTICE (CLICK HERE FOR VIDEO)

Target Rolling

Place your flat items in a line with a little space in-between.

A few steps away from the first flat item create a goal with cups/toys etc..

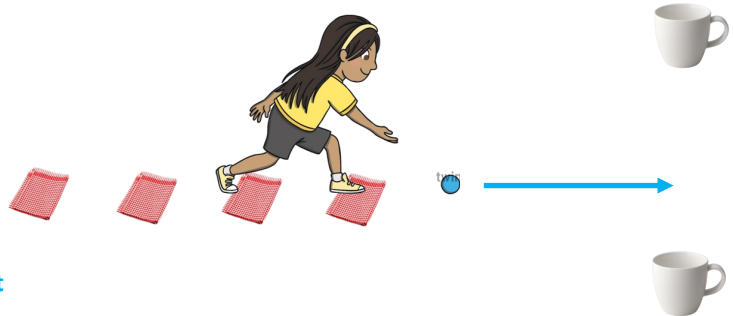
Roll the ball (socks) from marker 1 through the goal. If successful keep moving back until goals are scored from all 4 markers

Easy - Move closer/make goal bigger

Hard - Make goal smaller / use alternate hands to roll

Hits/Tips

- Stand with opposite foot forward
- Swing your arm back as you rock on your rear feet
- Let go of the ball when it is in front of your leading foot
- Follow through with your swing in the direction of your leading foot
- Flow with rolling arm
- Hand not touching floor



CHALLENGE (CLICK HERE FOR VIDEO)

'BOCCIA'

- Find a partner to play against (mum/dad/brother/sister)
- If no partner, see how close you can get to the jack. Or play right handed against left handed
- Taking turns roll your ball (socks) as close to the Jack (box/object) as possible from a set distance
- The player who has the most objects closest to the jack is the winner!

