


<p><b>Year 1</b> Using a large ball (Basketball/Football)</p> <ul style="list-style-type: none"> <li>• Roll the ball – different directions; between leg/legs</li> <li>• Pass the ball around the knees, hips, neck</li> <li>• Dribble the ball standing still (left and right hand)</li> <li>• Encourage children to challenge themselves</li> <li>• Introduction on how to catch a ball. Two hand (standing still, whilst moving and clapping, touching the floor, etc.)</li> <li>• Encourage children to challenge themselves</li> </ul>	<p><b>WEEKLY ACTIVITY SHEET</b></p> 	<p><b>Year 2</b> Using a large ball (Basketball/Football)</p> <ul style="list-style-type: none"> <li>• Roll the ball – different directions; between leg/legs</li> <li>• Pass the ball around the knees, hips, neck</li> <li>• Dribble the ball standing still (left and right hand)</li> <li>• Encourage children to challenge themselves</li> <li>• Introduction on how to catch a ball. Two hand (standing still, whilst moving and clapping, touching the floor, etc.)</li> <li>• Encourage children to challenge themselves</li> </ul>
<p><b>Year 3</b> Using a large ball (Basketball/Football)</p> <ul style="list-style-type: none"> <li>• Weaving round the scattered cones with a ball or on signal change direction.</li> <li>• Dribble a ball and name how many fingers your adult is showing</li> <li>• Dribble the ball with only 1 hand at a time (not catching the ball)</li> <li>• End Zone - players have to try and get the ball to the End Zone (line, hoops) before the time is up</li> </ul>	<p><u>Week beginning:</u> <b>09/11/2020</b></p> <p><u>Theme for the week:</u> <b>Invasion Games – Dribbling Basketball</b></p>	<p><b>Year 4</b> Using a large ball (Basketball/Football)</p> <ul style="list-style-type: none"> <li>• Weaving round the scattered cones with a ball or on signal change direction.</li> <li>• Dribble a ball and name how many fingers your adult is showing</li> <li>• Dribble the ball with only 1 hand at a time (not catching the ball)</li> <li>• End Zone - players have to try and get the ball to the End Zone (line, hoops) before the time is up</li> </ul>
<p><b>Year 5</b> Using a large ball (Basketball/Football) Work through year 4 lesson then.</p> <ul style="list-style-type: none"> <li>• children try to shield the ball from adult or sibling (putting their body between the ball and the opponent. If your child is finding the tough work as a 'passive defender' this means moving close to your child but not trying to pinch the ball.</li> <li>• When your child is confident with dribbling can parents or siblings steal the ball</li> </ul>	<p><u>Useful websites or resources</u></p>	<p><b>Year 6</b> Using a large ball (Basketball/Football) Work through year 4 lesson then.</p> <ul style="list-style-type: none"> <li>• children try to shield the ball from adult or sibling (putting their body between the ball and the opponent. If your child is finding the tough work as a 'passive defender' this means moving close to your child but not trying to pinch the ball.</li> <li>• When your child is confident with dribbling can parents or siblings steal the ball</li> </ul>