



The FUNS for everyone programme.

Challenge 9

Ball skills, is this week's challenge.

Please only complete this challenge with people from the same household.

FUNS for everyone is a programme contains 12 challenges. The programme consists of a variety of colour coded cards, each structured around a staged series of challenges that introduce, build and develop the core fundamental movement skills- balance, coordination and agility. First funs is specifically for early years and key stage 1 and therefore covers the first 3 colours in the programme – yellow, green and red.

We would like you to use the cards as home challenges.

Start with the Yellow card once you have completed the yellow card you can progress onto green and then red.

Remember everyone is different and some people will find these challenges easy and some will find them hard, don't give up, keeping practicing and you will get it. Remember practice makes perfect!

Why not try and get all of your family taking part, but most importantly have fun!

If you've missed out on any of our previous challenges please email Joanne.delve@bridgend.gov.uk

Real PE at home – online learning resources

Real PE at home includes an online programme which supports families to be active, play and learn together. It includes a programme specifically for children in Early Years and Key Stage 1 with 12 themes, 6 areas, over 250 activities and challenges and 1000s of hours of fun and activity.

For children in Key Stage 2 there are carefully selected personal best challenges, skills and games designed for the home and garden. Daily and weekly guidance is provided for both programmes in addition to an option to choose your own themes and activities.

There are so many benefits to being active, not only to our physical wellbeing but also to our emotional and mental health, especially in such testing times for all of us. We hope that the ideas help support you and your family to stay fit and healthy in the coming months. Here are the details to access **real PE** at home:

<https://home.jasmineactive.com/enquire>

⑨ Coordination Ball Skills

Yellow challenges

Maintaining control throughout:

1. I can sit and roll a ball along the floor around my body using 2 hands.
2. I can sit and roll a ball along the floor around my body using 1 hand (right and left).
3. I can sit and roll a ball down to my toes and back up, then around my upper body using 2 hands.
4. I can stand and roll a ball down to my toes and back up, then round my upper body using 2 hands.

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(Roll a ball around body while seated – 1 hand)



(Roll a ball up and down body while seated – 2 hand)

Equipment: size 4 or 5 ball

⑨ Coordination Ball Skills

LEARNING POINTS

- Keep your tummy tight and your weight through your bottom.
- Move the ball with your fingertips.
- Concentrate on performing the movements smoothly and then gradually increase your speed.

SUCCESS =

- Maintaining control of the ball
- Able to work ball in both directions
- Smooth movements with the ball

REVIEW QUESTIONS

- Why is good balance important in these challenges?
- Why is it important to practise in both directions?
- Can you devise a game that you and a partner can play that involves rolling the ball?

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⑨ Coordination Ball Skills

Green challenges

With both right and left hand, maintaining control throughout:

1. I can sit and roll a ball up and down my legs and round my upper body using 1 hand.
2. I can stand and roll a ball up and down my legs and round my upper body using 1 hand.

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(Roll ball up, down and around body standing – 1 hand)

Equipment: size 4 or 5 ball

⑨ Coordination Ball Skills

LEARNING POINTS

- Focus on maintaining good balance throughout.
- Move the ball with your fingertips.
- Perform the movements smoothly and then gradually increase your speed.

SUCCESS =

- Maintaining control of the ball
- Able to work ball in both directions
- Smooth movements with the ball

REVIEW QUESTIONS

- Why are the tasks more challenging when using just one hand?
- Why is it better to use your fingers to move the ball?
- Which sports can you think of that need good ball handling skills?



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⑨ Coordination Ball Skills

Red challenges

In less than 20 seconds and in both directions, maintaining control throughout:

1. I can stand with my legs apart and move a ball around one leg 16 times (right and left leg).
2. I can move a ball round my back at tummy height 17 times.
3. I can stand with my legs apart and move a ball around alternate legs 16 times.

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(Move ball
around leg)



(Move ball
around back)

Equipment: size 4 or 5 ball

⑨ Coordination Ball Skills

LEARNING POINTS

- Focus on maintaining good balance throughout.
- Move the ball with your fingers, avoiding it touching your body.
- Perform the movements smoothly and then gradually increase your speed.

SUCCESS =

- Maintaining control of the ball throughout
- Able to complete challenges in both directions
- Smooth movements with the ball

REVIEW QUESTIONS

- What do you feel you are developing through these challenges?
- What sports can you think of where you have to move a ball quickly with your hands?
- Why is it important to be able to perform the challenges several times?

