



The FUNS for everyone programme.

Challenge 11

Ball Chasing, 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>

11 Agility Ball Chasing

Yellow challenges

Over a distance of up to 10 metres and turning both ways:

1. I can roll a ball, chase and collect it in a balanced position facing the opposite direction.
2. I can chase a ball rolled by a partner and collect it in a balanced position facing the opposite direction.

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(Collect a rolling ball facing opposite direction)

Equipment: size 4 or 5 ball

11 Agility Ball Chasing

LEARNING POINTS

- Take up a good ready position (knees bent and feet apart in a front to back position).
- Start quickly and accelerate by pushing off hard with your feet.
- Keep your head steady and watch the ball all the time.

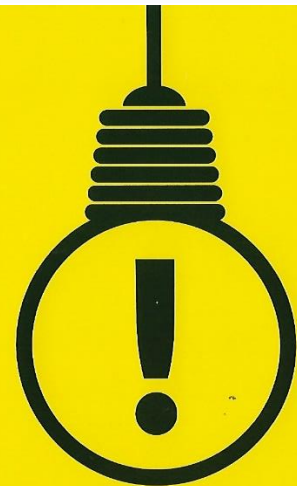
SUCCESS =

- Starting and stopping quickly
- Timing to get in the right position
- Balance/control when collecting ball

REVIEW QUESTIONS

- Why does bending your knees and widening your base help you start quickly? (Try different start positions to see and feel the difference.)
- What do you need to do with your arms to help you move quickly?
- Why is it important to be balanced when you collect the ball?

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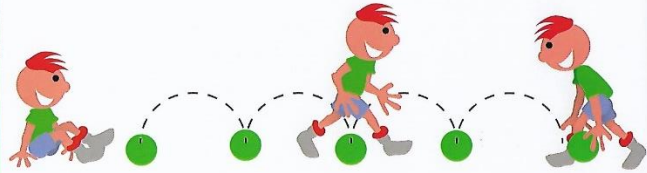
11 Agility Ball Chasing

Green challenges

Over a distance of up to 10 metres and turning both ways:

1. Starting in a seated/lying position, I can throw a bouncing ball, chase and collect it in a balanced position facing the opposite direction.
2. Starting in a seated/lying position, I can chase a bouncing ball fed by a partner and collect it in a balanced position facing the opposite direction.

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(From seated, collect bouncing ball facing opposite direction)

Equipment: size 4 or 5 ball

11 Agility Ball Chasing

LEARNING POINTS

- Start quickly and accelerate by pushing off hard with your feet.
- Drive your arms from 'hips to lips' to help you accelerate.
- Keep watching the ball and concentrate on your timing so you arrive at the right time.

SUCCESS =

- Starting and stopping quickly
- Timing to get in the right position
- Balance/control when collecting ball

REVIEW QUESTIONS

- Why is it easier to start quickly if you know which direction you are going?
- What did you do to slow down quickly?
- In what sports would you chase after a ball and collect it?

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11 Agility Ball Chasing

Red challenges

Over a distance of up to 10 metres and turning both ways:

1. I can chase a large rolled ball, let it roll through my legs and then collect it in a balanced position facing the opposite direction.
2. I can chase a large bouncing ball, let it roll through my legs and then collect it in a balanced position facing the opposite direction.
3. I can complete the tasks using a tennis ball in place of a large ball.

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(Chase rolling ball, through legs, chase and collect facing opposite direction)

Equipment: size 4 or 5 ball, tennis ball

11 Agility Ball Chasing

LEARNING POINTS

- Accelerate by pushing off hard with your feet and driving your arms from 'hips to lips'.
- Move your feet quickly to get in the collecting position in good time.
- Keep watching the ball and concentrate on your timing so you arrive at the right time.

SUCCESS =

- Starting and stopping quickly
- Timing to get in the right position
- Balance/control when collecting ball

REVIEW QUESTIONS

- Why is it harder to do the challenges with a small ball?
- What examples can you think of in sport where you have to accelerate, stop and then accelerate again?
- Why is it important to practise turning both ways?

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