

Foundation RL PE – Week 6

Bouncing is what Beaufort kids do best!

Bouncing challenge tips:

- For young children, soft, larger balls that are just a little on the flat side are the easiest to control without risking a bump in the nose
- As your child builds their skills, inflate the ball and encourage them to count the bounces they can make in a row and continue to try and beat their best score.
- For increased difficulty, use smaller sized balls such as tennis balls.
- When bouncing, make sure your child is using their fingertips and pushing the ball down for better control rather than a flat hand slap.



Target challenge tips:

- Using the equipment around you, target practise is a fantastic way to improve hand-eye coordination and improve concentration.
- Make sure that your child is focussing on the target and not their arm. This helps to build a more natural and accurate throwing action without becoming forced.
- Laundry baskets or garden hoses laid out in loops are nice large targets for beginners.
- Always encourage your child to throw with their non-referred hand as well. This not only helps develop dexterity but improves the connections between the hemispheres of the brain!

PE station ideas

'Bounce into the buckets'

You'll need:

- 1 each (basketball)
- 3 (buckets)
- 8 (cones)

Setup

- > Mark 2 sidelines about 6 meters apart with cones
- > Put the buckets in the middle

Gameplay

- > Bounce your ball into the bucket from the cones
- > You get 1 point everytime you get it in the bucket

"I want to see you"

- > Try using your left and right hands to get the ball in

3448 x 3793

Years K-3 *Active Coaching*
The Exploring PE Stations sport skills pack