

# Foundation PE (Reception) - Ball Skills

## Home Learning Challenge Sheet

At school we are learning to use balls in a range of ways. Please help me at home. The following activities will help me to develop ball skills.

### Activities to Support Learning

#### Throw, Catch, Bounce, Catch

Throw a ball in the air and catch it, then bounce it on the floor and catch it again. How many times can you do this before losing control?

#### Under or Over

Create a bridge which you can roll a ball under and throw a ball over – you could use a small table, a chair or some old boxes. Find a friend to play with you. Each stand either side of the bridge and shout 'Over' or 'Under.' If you shout 'Over' you should throw the ball over the bridge and your friend should try to catch it. If you shout 'Under' you should roll it under the bridge. Can you catch your friend out?

#### Obstacle Course

Use a range of different objects to create a course which you can move a ball round. You could use things such as pillows, boxes or chairs. Using a ball, set a friend different challenges e.g. 'Can you get the ball round the course using only your feet?' What challenge will they set you?

#### Stop That Ball

Ask a friend to throw, kick, roll or bounce a soft ball at you. Can you stop their ball? Think of all the different ways you can stop that ball.

#### How to Use a Ball in Different Ways:

1. Can you practise kicking a ball?
2. Can you practise rolling a ball?
3. Can you practise throwing a ball?
4. Can you practise catching a ball?
5. Can you practise bouncing a ball?

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your ball skills!

