

# Boing



# Aim

- I can bounce a ball with control whilst moving.

# Success Criteria

- I can bounce a ball back down to the floor.
- I can bounce a ball with one hand.
- I can bounce a ball high and low.
- I can run and bounce a ball.

# Warm-Up



One of the reasons we do exercise is to keep us fit and healthy.

Feel your resting heartbeat by putting your hand to your chest or by feeling your pulse at your neck.

We are going to feel it again after the warm up to see if it has changed.

Jog on the spot or around your space for 5 minutes.

# Warm-Up

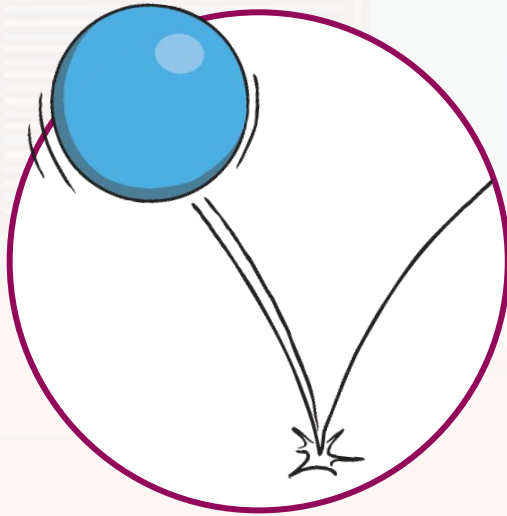


Now that we have exercised feel your heart rate again.

Is there any difference?

When we exercise it makes our heart beat faster and that makes it stronger.

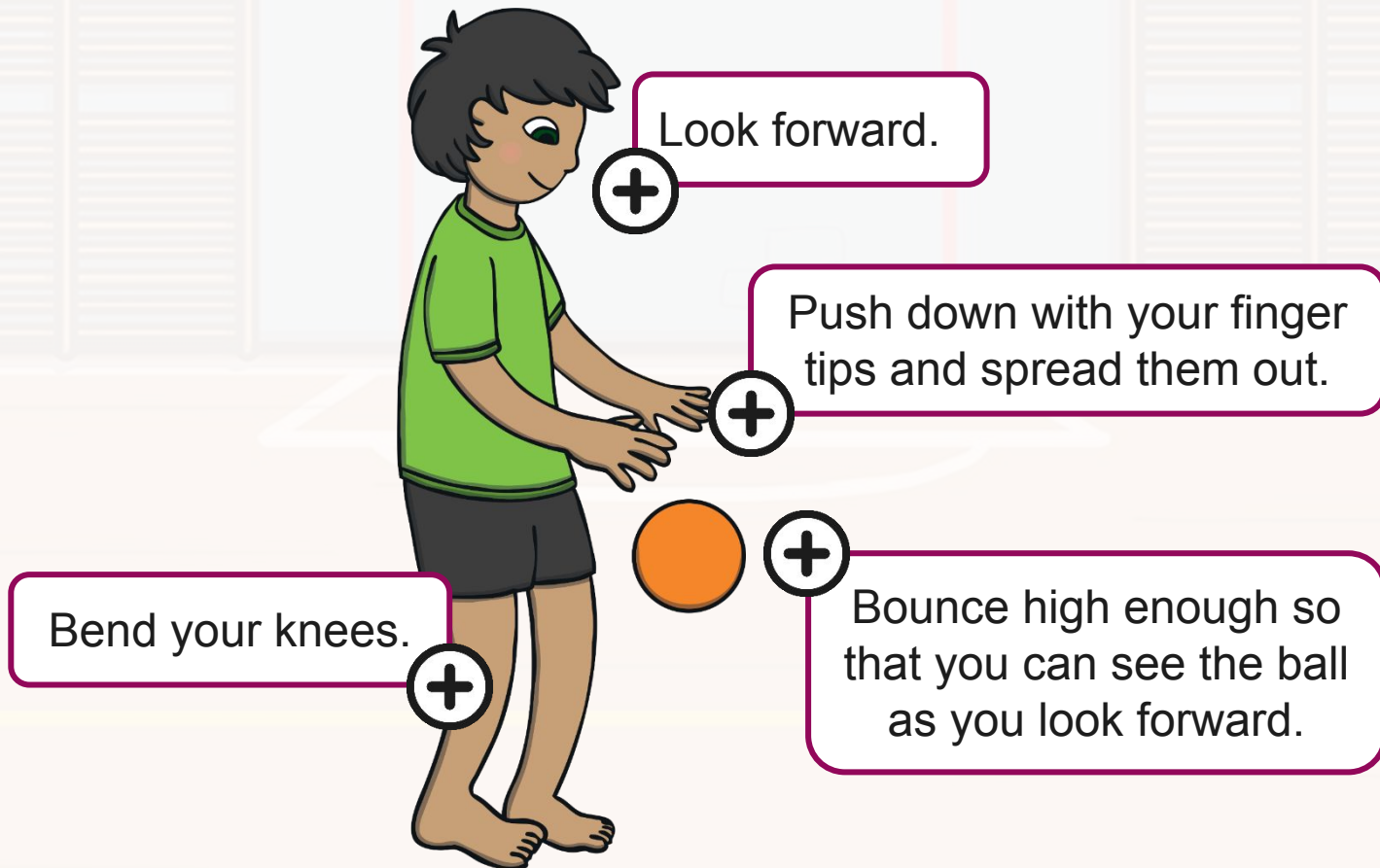
# What Can You Do?



Choose a ball. Bounce and Catch it.

- ① Can you move about the space bouncing it?
- ① Can you bounce it back down with your hands instead of catching it?
- ① Have you got any tips for good control when bouncing a ball?

# Tips for Good Bouncing



# Bouncing

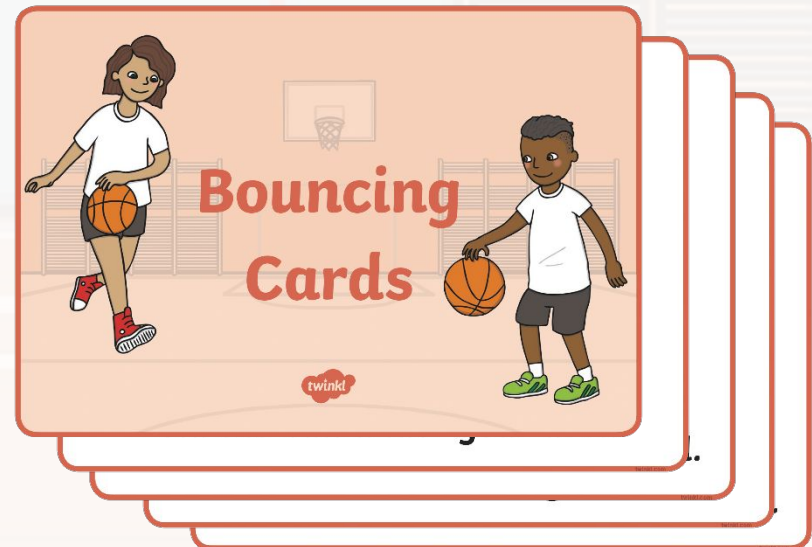
Watch the [Bouncing Cards](#) to see how to bounce your ball.

❓ Can you use one hand?

❓ Can you change hands?

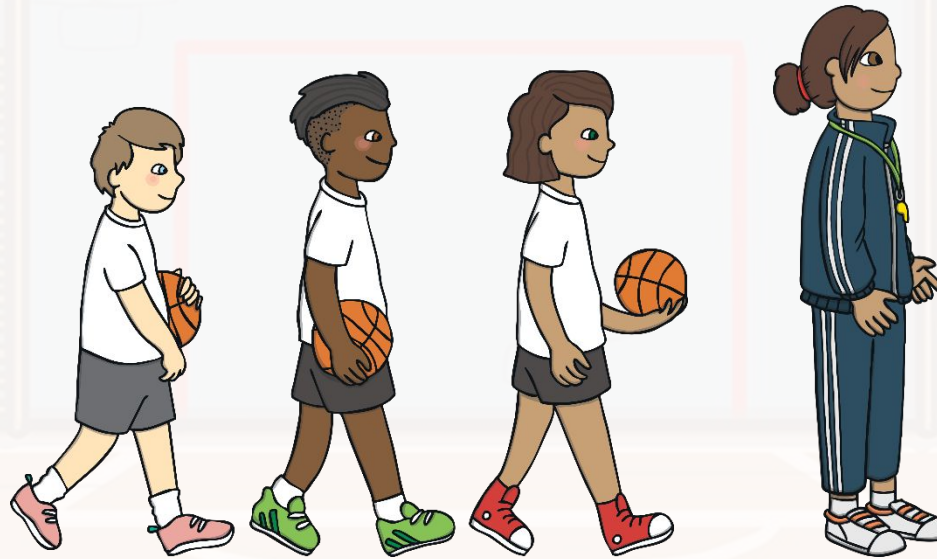
❓ Can you move faster?

❓ Can you bounce your ball higher or lower?





# Follow My Leader



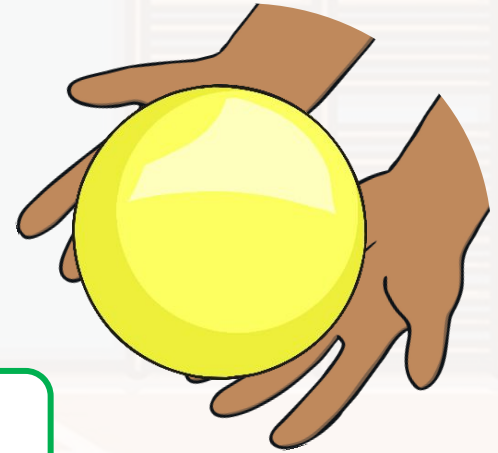
## How to Play:

- If there is more than 1 of you: line up behind a leader.
- Follow in a line around the hall bouncing your ball.
- Changing your running speed, direction, hands and bouncing height with your leader.



# Cool-Down: Bounce Around

Imagine you have a ball in your hands.



❓ How would you bounce the ball kneeling?

❓ How would you bounce the ball sitting down?

❓ What would bouncing the ball on one leg look like?

❓ What would bouncing a ball as hard as you can look like?

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