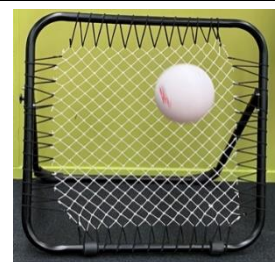


Activity	<i>Circle Catch</i>
Equipment	2 x soft playballs of different sizes, 5 x cones, 1 x beanbag
Instructions	<p>Children stand next to a cone set out in a semi-circle around the Activity Leader. Toss the ball to each child using a 2 handed underarm action. Children return it with the same throwing action.</p> <p>Safety: Ensure children are evenly spaced from each other and use a soft ball.</p> <p>Side Activity: Not Required.</p>
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Throw back with different technique • Increase distance of throw • Throw in a random order <p>Easier:</p> <ul style="list-style-type: none"> • Use a bucket to catch • Allow the ball to bounce • Roll along the ground
Key words/phrases	Same, different, underarm throw, bounce, 2 hand catch
Teacher Notes	



Activity	<i>Rebound Catch</i>
Equipment	1 x rebound net, 2-3 soft playballs of different sizes, 1 x launching board and beanbag per child
Instructions	<p>One child at a time gently throws a soft playball into the rebound net and tries to catch it. Underarm and chest pass techniques are used.</p> <p>Safety: Ensure the child stands far enough away from the rebound net so the ball doesn't bounce back into their face.</p> <p>Side Activity: Each child has a launching board and beanbag. Stomp with one foot onto the board and catch the beanbag after it is launched into the air.</p>
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Stand further away • Throw then clap the catch <p>Easier:</p> <ul style="list-style-type: none"> • Stand closer • Child practices throwing <u>or</u> catching, but not both
Key words/phrases	Underarm throw, push, back, two hands
Teacher Notes	





Activity	<i>Ball Bounce</i>
Equipment	1 x hoop and 1 x soft playball per child
Instructions	<p>Place children in a circle formation around the Activity Leader. Individually, they bounce and catch a soft playball in a hoop, with both hands. The Activity Leader nominates number of bounces, then children side step left or right and bounce ball in the next hoop.</p> <p>Safety: Children to be on the outside of the circle of hoops and move in the same direction.</p> <p>Side Activity: Not required.</p>
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Bounce, clap, catch <p>Easier:</p> <ul style="list-style-type: none"> • Helper bounces the ball and child catches using a bucket • Assisted bouncing (Activity Leader pushes ball down with child)
Key words/phrases	Bounce, catch, in, outside, left, right, side step
Teacher Notes	



Activity	<i>Balloon Tap</i>
Equipment	1 x per child (hoop, balloon, balloon cover)
Instructions	<p>Children keep their own balloon in the air by hitting it with their hands, head, knees, or feet, while standing in a hoop. Count number of consecutive taps. Begin count again if the balloon touches the ground or the child leaves the hoop.</p> <p>Safety: Ensure children and hoops are well spaced from each other to avoid collisions.</p> <p>Side Activity: Not required.</p>
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Add a balloon cover to the balloon • Clap hands in front and behind body <p>Easier:</p> <ul style="list-style-type: none"> • May put one foot outside the hoop • Activity Leader assists with tapping balloon back to child
Key words/phrases	Up, in, number counting, left, right, front, behind
Teacher Notes	



Activity	<i>Noodle Balloons</i>	
Equipment	3 x launching boards, 3 x beanbags, 1 x per child (hoop, balloon and half-length pool noodle)	
Instructions	<p>While standing in a hoop, children individually tap their balloon with a half-length pool noodle, to keep it in the air.</p> <p>Safety: Ensure children are evenly spaced so they don't hit each other.</p> <p>Side Activity: Children individually stomp on a launching board with one foot and try to catch a beanbag, with two hands, after it is launched into the air.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Alternate tapping with hand then noodle • Tap with a partner <p>Easier:</p> <ul style="list-style-type: none"> • Tap with hands only • Allow 1 foot outside the hoop 	
Key words/phrases	Tap, up, in, up in the air, 2 hands, stomp, catch	
Teacher Notes		


Activity	<i>Bowling Alley</i>	
Equipment	1 x rubber playball, 1 x set of skittles, 1 x balloon and hoop per child	
Instructions	<p>One child at a time bowls a playball, with 2 hands, towards a set of skittles set up 3 metres away. Repeat 3 times. Count the number of skittles knocked over following each bowl.</p> <p>Safety: Ensure skittles are set within a wall close behind them.</p> <p>Side Activity: Children see how long they can keep their own balloon in the air by hitting it with their hands, while standing in a hoop.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Move further away from skittles • Bowl with one hand <p>Easier:</p> <ul style="list-style-type: none"> • Move closer to the skittles • Use a bigger ball 	
Key words/phrases	Towards, left, right, underarm, roll, numbers 1-10	
Teacher Notes		


Activity	<i>Launch Pad</i>
Equipment	1 x launching board and 1 x beanbag per child
Instructions	<p>Children individually stomp on a launching board with one foot and try to catch a beanbag, with two hands, after it is launched into the air.</p> <p>Safety: Ensure students are well spaced from each other and that both feet are clear of the launch board before each stomp.</p> <p>Side Activity: Not required.</p>
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> Catch with one hand <p>Easier:</p> <ul style="list-style-type: none"> Activity Leader stomps on the launching board and the child just catches Child just stomps on the launching board to project beanbag into the air
Key words/phrases	Stomp, one foot, two hand catch, left foot, right foot
Teacher Notes	





Activity	<i>Traffic Lights</i>
Equipment	3 hoops (1 x red, 1 x yellow, 1 x green), 6 beanbags (2 x red, 2 x yellow, 2 x green), 1 x soft playball per pair
Instructions	<p>Using red, yellow and green hoops with red, yellow and green beanbags, each child tosses matching coloured beanbags into hoops located 2 metres away, as instructed by the Activity Leader.</p> <p>Safety: Ensure no children are sitting near the hoops as each child throws beanbags.</p> <p>Side Activity: In pairs, children sit opposite each other and gently roll a playball directly to each other.</p>
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> Increase throwing distance Throw different coloured beanbags into hoops and child names those colours <p>Easier:</p> <ul style="list-style-type: none"> Decrease throwing distance
Key words/phrases	In, on, colours (red, yellow, green), underarm throw
Teacher Notes	





Activity	<i>Scarf Play</i>
Equipment	1 x juggling scarf per child, 3-4 extra scarves
Instructions	<p>Children throw a scarf up to themselves and catch it using 2 hands, then one hand, then the other hand. One child at a time catches one or more scarves thrown up in the air by the Activity Leader.</p> <p>Safety: Ensure students are spaced evenly away from each other to avoid collisions</p> <p>Side Activity: Not Required.</p>
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> Supervisor nominates which hand to catch with Toss with one hand and catch with the opposite hand <p>Easier:</p> <ul style="list-style-type: none"> Catch scarf on different body parts that the child nominates. e.g. finger, head, foot, knee 
Key words/phrases	Up, down, left, right, opposite, 2 hands, different body parts
Teacher Notes	


Activity	<i>Scarf Switch</i>
Equipment	1 x juggling scarf per child, 1 x juggling scarf per helper
Instructions	<p>Children stand facing a partner or the Activity Leader. On the Activity Leader's command, both toss a scarf in the air and move forward to catch the other scarf.</p> <p>Safety: Ensure scarves are thrown to the side so the children and/or supervisor move on different paths, avoiding collision.</p> <p>Side Activity: Not required.</p>
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> Move further apart Helper or partner throws 2 scarves and the other child catches both <p>Easier:</p> <ul style="list-style-type: none"> Activity Leader only, throws a scarf and child catches it 
Key words/phrases	Up, forward, opposite, left, right, switch
Teacher Notes	

Activity	<i>Scarf Juggling</i>
Equipment	2-3 juggling scarves per child
Instructions	<p>Each child holds one scarf by the corner. They toss it across their body and catch with the opposite hand. Give each child a second scarf. Toss each scarf, in the air, one at a time, then catch one at a time. Follow the pattern - toss, toss, catch, catch.</p> <p>Safety: Ensure students are spaced evenly away from each other to avoid collisions.</p> <p>Side Activity: Not required.</p>
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> Toss scarves across the body making an "X" <p>Easier:</p> <ul style="list-style-type: none"> Activity Leader performs the "toss, toss" and the child only performs the "catch, catch" 
Key words/phrases	Up, down, across, left, right, opposite
Teacher Notes	

Activity	<i>Catch the Balloon</i>
Equipment	1 x balloon, 1 x balloon cover, 5 x cones
Instructions	<p>Children stand next to a cone, in a circle. The Activity Leader tosses a balloon into the air and calls a child's name. That child catches the balloon with 2 hands, before it hits the ground, and then tosses it back in the air, calling another child's name.</p> <p>Safety: Only call one child at a time to avoid collisions.</p> <p>Side Activity: Not required</p>
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> Use a balloon with a balloon cover Balloon is not caught but tapped up in the air <p>Easier:</p> <ul style="list-style-type: none"> Use a soft playball and allow it to bounce once or twice before catching it 
Key words/phrases	Up, catch, names, 2 hands
Teacher Notes	

Activity	<i>Bucket Golf</i>
Equipment	5 buckets, 5 x dots, 5 x beanbags, 5 x small soft playballs
Instructions	<p>Place the buckets (golf holes) and dots (golf tees) around the room to represent a golf course. Children take turns standing on each dot and tossing a beanbag or ball underhand into the bucket. Move around the course, counting the number of “shots” per hole.</p> <p>Safety: Ensure children follow one after the other so they don’t hit anyone with a beanbag.</p> <p>Side Activity: Not required.</p>
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Increase the distance between the bucket and the dots <p>Easier:</p> <ul style="list-style-type: none"> • Decrease the distance between the bucket and the dots 
Key words/phrases	Underarm, follow through, swing arm, in, numbers
Teacher Notes	

Activity	<i>Hungry Hippo</i>
Equipment	1 x soft playball per pair, 2 x cones per pair
Instructions	<p>Children are positioned in a “V” sit, across from their partner. In between them are 2 cones spaced 1 metre apart (the Hippo’s mouth). Use 2 hands to push the ball forwards, between the cones, to partner and back, as many times as possible.</p> <p>Safety: Ensure all children are rolling in the same direction.</p> <p>Side Activity: Not required.</p>
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Move further away • Reduce the size of the Hippo’s mouth <p>Easier:</p> <ul style="list-style-type: none"> • Move closer • Increase the size of the Hippo’s mouth • Stand up and underarm roll with 2 hands 
Key words/phrases	Between, roll, push, 2 hands, through
Teacher Notes	

Activity	Bucket Relay
Equipment	2 x Buckets filled with various items including balls, animal beanbags, scarves etc.
Instructions	<p>Children stand in a line and pass each of the objects from a bucket, to the child behind them. Objects are passed as instructed by the Activity Leader (overhead, between the legs, sideways left, sideways right) and place in a bucket at the back of the line.</p> <p>Safety: Ensure children hand the items to each other and don't throw them.</p> <p>Side Activity: Not required</p>
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Pass items faster • Each pass is different from the child in front <p>Easier:</p> <ul style="list-style-type: none"> • Children decide the way they will pass each object • Change the order of the children in the line 
Key words/phrases	Over, under, between, through, left, right
Teacher Notes	

Activity	
Equipment	
Instructions	
Modifications	
Key words/phrases	
Teacher Notes	