

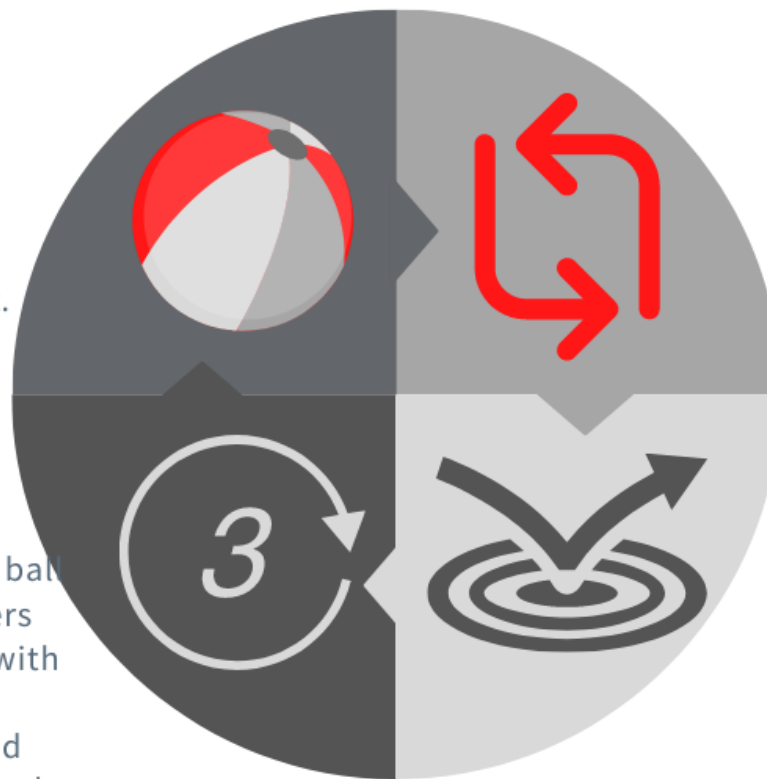
Exchange Ball

Main-game



Step 1

Begin running in pairs, matching 'same-same' footwork with your partner, while rotating a ball around the waist.



Step 2

When the leader of the pair slaps the ball, the learners exchange their balls with a two handed toss that makes a rainbow flight line.

Step 4

If the leader slaps the ball three times the learners exchange their balls, with one ball making a rainbow flight line, and the other being bounced.

Step 3

If the leader slaps the ball twice the balls are again exchanged with a two handed toss, but this time the balls are made to bounce between the two learners.

Running Opposites

Main-game



Step 1

Begin with partners facing each other 2m apart. Identify which of the learners will 'lead' – and which will 'mirror'.



Step 2

If the leader moves left or right the mirror will follow accordingly

Step 4

The pattern can be made more complex by allowing the 'mirror' partner to become the leader at a chosen signal.

Step 3

The leader should be encouraged to vary the pattern, the speed, and the type of movement (skipping, jumping, hopping etc.)

High Ball - Low Ball

Main Game



Step 1

Begin facing your partner 3m apart with each of you holding a ball and running on the spot.



Step 2

At an agreed signal you and your partner exchange the balls you have, using a two handed tossing action.

Step 4

Add some variety to the practice by moving forwards/backwards, side to side, while keeping the same distance apart.

Step 3

One ball is always tossed with a rainbow flight line, the other ball is always made to bounce between you and your partner.

Start - Stop - Follow

Main Game



Step 1

Begin working in pairs



Step 2

One person is the 'leader' and they move about the gym.



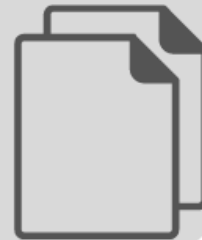
Step 4

The leader must also stop their movement and 'freeze' their posture on a regular basis – they hold the freeze posture for a few seconds, then move off again



Step 3

The other person follows and 'mirrors' the actions made by the leader



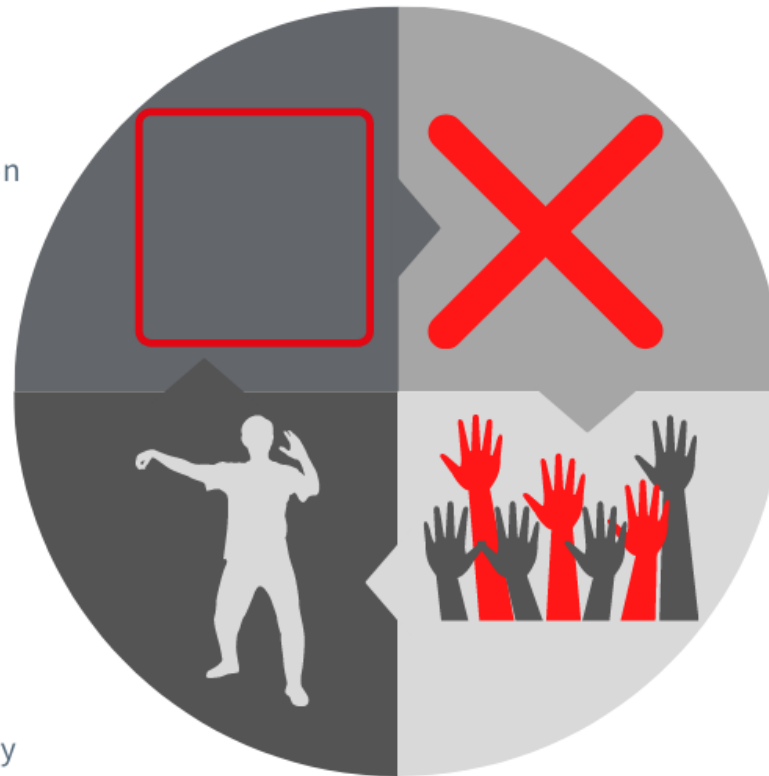
Square - Cross Sequence

Main Game



Step 1

Raise the hands to touch the shoulders on the same side of the body.



Step 2

Drop the hands and cross them over to touch opposite hips.

Step 4

Then make the same pattern of the arms moving to the front and then the side but move only one arm at a time.

Step 3

Raise the hands keeping them crossed to touch opposite shoulders.

Start - Stop - Follow

Warm-up



Hearing impairment

Use diagrams or written explanations.
Use of demonstration.
Use Visual cues i.e. coloured flags/bibs for start/ finish

Visual Impairment

Have their pair and them hold a bib or piece of equipment for them to follow.
Explain what freeze position to go into.
Clear use of instruction



Physical Disability

Ensure a chance of success with freeze positions being manageable.
Pair working at a pace they are able to keep up with.

Learning disability

Short simple instructions, use of demonstrations.

High Ball - Low Ball

Main Game



Hearing impairment

Use diagrams or written explanations.
Use of demonstration.
Use Visual cues i.e. coloured flags/bibs for each action & start/finish

Visual Impairment

Clear use of instruction
use of a bell ball
shorter distance



Physical Disability

Adapt weight of ball,
distance between
themselves and partner.

Learning disability

Short simple instructions,
use of demonstrations.