

NOT AT SCHOOL SCHOOL GAMES

KS2 LESSON 5



WARM UP



ACTIVITY 1



Body Parts Catch - Using the soft ball, socks or balloon from the warm up, throw them up in the air touch your head before catching the item. Repeat and try to touch your shoulders, knees and toes. Now try touching head and shoulders before catching the ball. Can you touch all 4 body parts while the ball is in the air? Give yourself as much time as possible to catch the ball.

ACTIVITY 2



Catching Rebound - With a rolled up pair of socks, throw them to the wall or ceiling and catch as they rebound back to you. Give yourself 2 minutes to catch as many as you can. Repeat and see if you can beat your score. Try 1 handed catches for an added challenge. Be careful of all household items and make sure you give yourself plenty of space when doing this activity!

Clap Catch - Using a soft ball, rolled up socks or a balloon, throw the item up, clap once and try to catch what you are using. If successful, repeat but this time try and clap twice before catching the item. Repeat if successful and add in more claps each time.

How many claps can you do without dropping the ball?

CHALLENGE 1



Boccia At Home

Roll up 7 pairs of socks (3 of one colour, 3 of another and 1 other colour). Sit down and throw the individual pair of socks and use this as 'the jack'. Players then take it in turns to throw their colour socks and get closest to the jack. Whoever is closest wins and you get 1 point for each sock of the same colour which is closest to the jack. First to 10 points wins. Use this challenge as practice for your entry into the **SLSSP Quad Cup - Boccia Challenge**. Click [here](#) for more information and to enter the competition!

ACTIVITY 3



Co-ordination with Ball Skills

For this activity, you are going to need a soft ball, 2 hardback books, a scrunched up ball of paper and a towel. Try out these activities:

1. Place the ball on your hardback book. How long can you keep it on there without it falling off? Repeat and see if you can beat your time. Now try keep up with the soft ball. How many can you do without dropping the ball?
2. Using the paper and two books, how long can you keep the paper up with a partner?
3. Place the towel as a halfway line and play against your partner. keep the paper up but if it lands in your opponents half, you get a point. First to 10 wins.

Check out this [video](#) for ideas on how to play!

