

ABC CHALLENGE

WEEK FOUR



Co-ordination: Rolling (Reception and KS1)

This activity is going to focus on improving your co-ordination skills. We are going to focus on rolling a ball with accuracy. Set up the activity by marking out three lines approximately 1m apart. You will stand 2m away from the first line. The aim is to roll the ball to stop on one of these lines. You can get a parent or sibling to pick the line that you need to roll the ball to. Once you have successfully rolled the ball and stopped it on this line, get your parent/sibling to pick a different line.

Key Points:

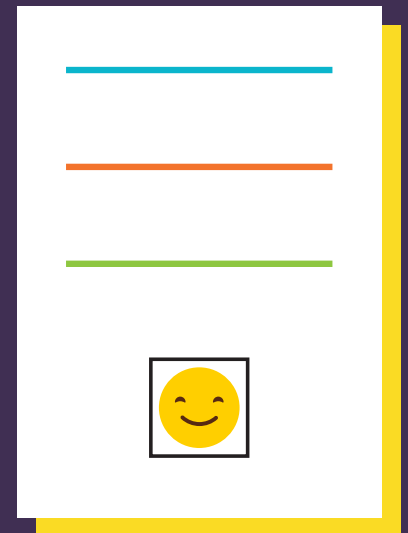
- Control of power when rolling the ball
- Dominant hand used to roll the ball with the non-dominant hand used to point and aim
- The ball must not bounce and should glide along the floor
- Keep your eyes on the target/line

To make it more challenging:

- Increase the distance between the lines
- Use your weaker hand to roll the ball
- Reduce the size of the lines

Watch the video example to see how it's done.

CLICK HERE



Racket Familiarisation (KS2)

For this activity you will need a small ball and a racket (or use a hardback book, cereal box or a flat hand). With your ball and racket try and perform the following tasks:

- Balance the ball whilst standing still
- Balance the ball whilst moving around your own area
- Move the ball around the racket without it falling off
- Bounce the ball into the air off your racket
- Bounce the ball down to the floor off your racket
- Fish and Chips: Bounce the ball on one side of the racket then the other
- Around the World: Spin the ball around the racket

Challenge yourself by performing all the actions in a sequence without dropping the ball.

Key Points:

- Hold the racket using the 'Shaking Hand' or 'Cut the Carrots' technique; place your hand firmly around the handle of the racket with your thumb pointing forwards the same as racket frame
- Keep the racket flat to maintain balance and keep the ball on the racket
- Flick the wrist gently to push the ball up and down

Watch the video example to see how it's done.

CLICK HERE

