

skill

# Running & Stopping the Ball

Time



5 mins

Aim

To increase the heart rate, using continuous movement and incorporating a fielding skill

Equipment

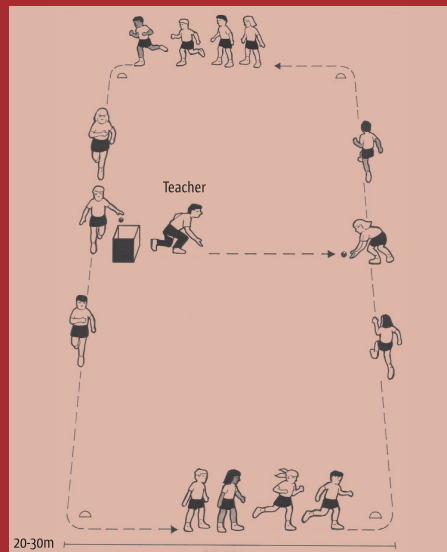
Minimum 10 tennis/soft balls, 4 cones, 1 bucket/box



Link Cards

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## Organisation


**Catchphrase**

Get back to the start then feel your heart!

15

## Instructions

- 1 Children in a straight line between cones 1 & 4.
- 2 Teacher continuously rolls out balls to be stopped with hands between cones 1 & 2.
- 3 Children individually stop and collect a ball and continue round the square.
- 4 Place the ball in the bucket/box and join the back of the line. Repeat.

## Teaching Points

- Run fast to get close to the ball.
- Use two hands to stop the ball.
- Place the ball in the bucket/box.