



WEEK 9

ONE + TWO

Don't forget to click on the video icons to watch demonstrations and instructions



GOAL

> I can bounce a ball with my preferred and non preferred hand

BALL HANDLING

Body wrap X10

Head wrap X10

Leg wrap X10

Sit, throw + catch X10

Kneel, throw + catch X10

Stand, throw + catch X10

Partner/wall throw – sit X20

Partner/wall throw – kneel X20

Partner/wall throw – stand X20

Partner/wall throw – one leg X20



NEAREST TO THE PIN

> Play with a sibling or parent

> Place a bottle/object down



> Player 1 begins by using an underarm throw to throw a soft toy as close to the pin as possible

> Player 2 then has a go

> Continue taking it in turns until you have no toys left to throw

> Then go and see whose toy is closest to the target pin

> REPEAT but use opposite hand to throw

FOCUS

> Keep your eyes on the ball

> Move your arms and hands to meet the ball

> Bend your knees

> Move your feet

FMS – THROW + CATCH

EQUIPMENT

> Any type of round ball

> Soft toys/bean bags/socks

> Deck of cards

> Device to watch videos by Emma

CARD CATCHES

> Flip a card (look at the colour and number on the card)

> If it is **red** you need to throw and catch the ball individually or with a partner

> If it is **black** you need to roll the ball individually or with a partner



GOAL REVIEW



> I can throw and catch a ball with a partner or off a wall.

> I can throw the ball at a target

> I can play a game with a sibling or parent

MPPS RACE AROUND AUSTRALIA

Don't forget to fill out your exercise journal and email to Emma each Friday! >>>

EXERCISE JOURNAL				
DATE	TIME	ACTIVITY	LOCATION	NOTES