



# Roller Ball

## What's needed

- 1x Home Mat
- 10x Action Mats
- Balls
- Blindfolds
- Stopwatch/Timer
- Music

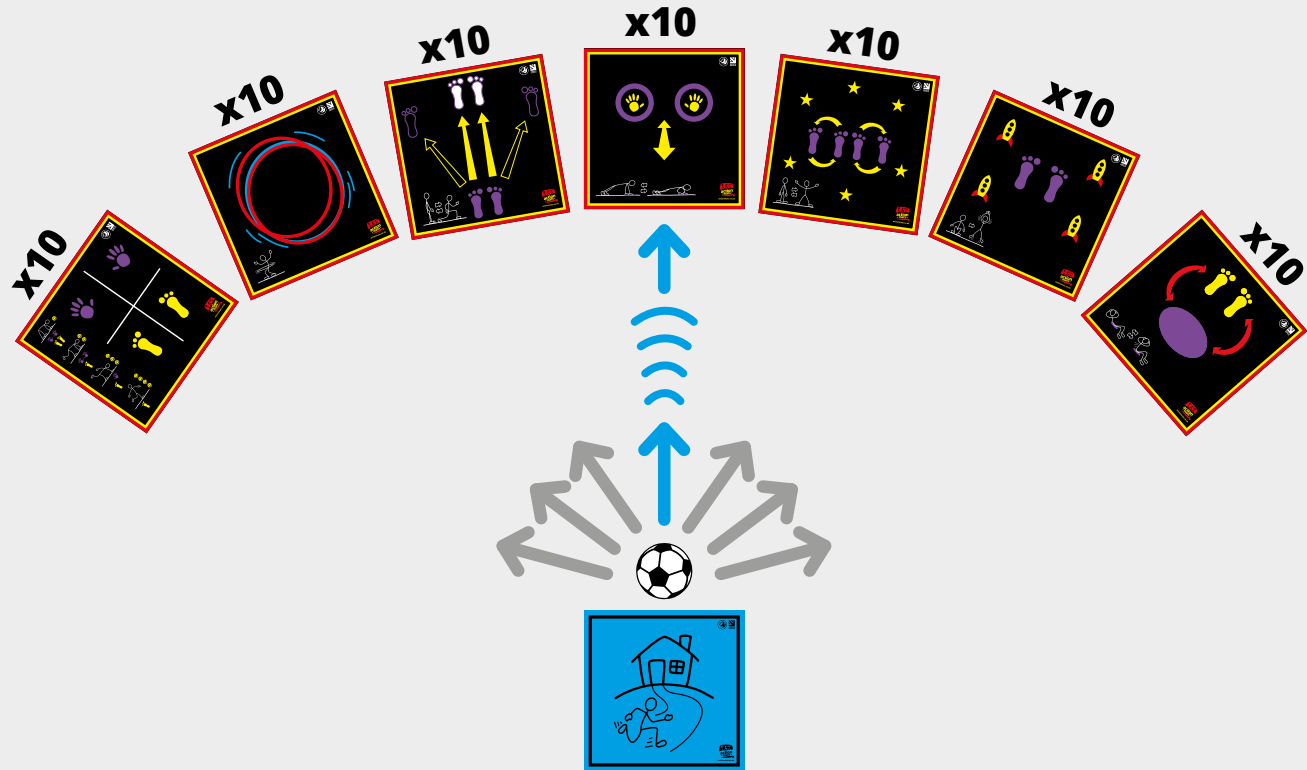
## How to play

With a selection of Action Mats placed in a semi circle in front of the Home Mat and a ball placed on the Home Mat, the player must put a blindfold on, turn around 360 degrees and roll the ball out in front of them. Then take the blindfold off to see which Action Mat the ball rolled over.

Whichever mat the ball rolled over they must perform that activity.

Once activity is complete, they retrieve the ball and take it back to the Home Mat for the next player.

## The Setup





## Suggested age range

KS1 and KS2

## Learning outcome

Developing spatial awareness and simple motor skills in tracking, rolling, throwing, kicking, and bouncing a ball

**Reference:** Physical education programmes of study: key stages 1 and 2 National curriculum in England (DfE-00176-2013)

## Success criteria (measuring impact)

Accuracy and control in working with a ball in a game scenario

## Risks to be considered

- Suitable clothing and footwear is worn by the children and anything that could obstruct or cause injury has been removed
- The right equipment is available and has been checked
- The area is safe and clear ensuring any hazards have been removed
- Safety information is highlighted to all
- SEND pupils and other vulnerable groups (e.g. EAL) have suitable support to take part in the activities

## Assessment for learning questions (adapt for key stage)

### Pre-activity:

- When moving with other equipment (e.g. a ball) does accuracy matter? Explain
- What would happen if a footballer, cricketer, or netball player couldn't control the ball?

### Post-activity:

- What did you do better or differently to improve?
- What difference did using a different size ball make on your performance?
- How can you apply what you have learn today to outside the classroom?

## Warm Up

Perform two rounds for 30 seconds each. Rest for 10 seconds in between each exercise:

- Lunges 30 second /10 second rest
- Plank 30 second /10 second rest
- Press ups 30 second /10 second rest
- Rocket jumps 30 second /10 second rest
- Sit ups 30 second /10 second rest
- Star jumps 30 second /10 second rest

## Differentiation and personalisation

- Increase group size
- Change the size of the ball
- Introduce spinning twice (or other movements) before rolling the ball to the target mats
- Ask a child to lead warm-up or cool down

## Main focus

To use strategies to develop accuracy in striking and fielding games such as football, netball, tennis, cricket, basketball

## Cool down

Teacher leads - 30 seconds per stretch

- Plank with a superman stretch
- Hula hoop motion without the hula hoops, slowly
- Static lunges with side stretch
- Static Rocket jumps -Squat and lift
- Calf stretch

## Reflect

In which activity do you think you have demonstrated your personal best?

What improved skills have you achieved?

Where do you feel you could have done better?

What would be your goal for next time?

What have you learnt about yourselves today?