

PE Lesson Summer 2 Week 6 – Jammy Jugglers

Equipment	Warm Up –	Lesson
<p>Ideally done in the garden or outdoor space that you can use.</p> <p>4 x Tennis Balls (or similar) / 4 x Pairs of Socks</p>	<p>Warm Up Bean Game Explain Beans to children</p> <ul style="list-style-type: none"> - Runner Bean (Run on spot) - Jumping Bean (Jump on spot) - French Bean (Shout OOLALA) - Baked Bean (Curl into a ball) - Beans on Toast (Lay on back with arms and leg spread apart) <p>Stretches Hold for 8 seconds.</p>	<p>Challenge One Using two balls / two pairs of socks, start with one in each hand. Throw them up into the air (around 1m) and catch them in either hand. Repeat until you have done 5 in a row!</p> <p>Challenge Two Repeat challenge one but ensure that the balls / socks are crossing in mid-air and are caught with the opposite hand to the one that threw it.</p> <p>Challenge Three Add another ball or pair of socks. Start with one in your weak hand and two in your strong hand. Throw the balls in the same way as challenge two but ensure the third ball / sock moves across to the other hand before catching!</p> <p>Find a Partner Challenge One Using two balls throw into your hands. One ball is thrown and caught by your partner and the other is thrown by your partner and caught by you.</p> <p>Challenge Two Add a third ball and move it across your body while the other two balls are thrown and caught.</p> <p>Challenge Three Add a fourth ball. Two balls are thrown and caught while the others are switched into the other hand by both players.</p> <p>HINT: Timing is essential ensure that you use a 1 , 2 , 3 , GO command to ensure both people are ready. Concentrate and keep your eyes on the ball.</p> <p>Send your attempts to your teachers!</p>