



BALL BOUNCE

push down, in
back

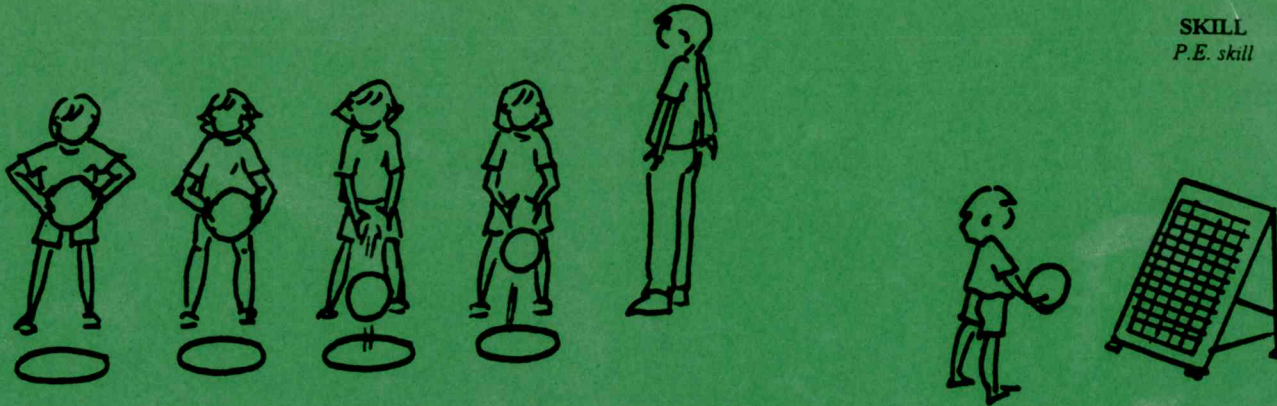
OUTCOMES

MOTOR
Eye / hand co-ordination

PERCEPTION
*Laterality
Body image Body control*

SKILL
P.E. skill

S 17



PROGRAM STATION *Teach two handed ball bounce. Bounce 200mm balls / balloon balls in hoops and catch.*

SUB STATION *Gentle, two handed, underarm toss with 150mm ball at net. (This activity is to give the child the feel of the ball coming off the net. Do not be concerned if the child does not catch the ball.)*

FLOOR SESSION *Teach downward thrust action for bouncing balls.
Review two handed underarm toss action. (Ref. Act S 5)
Movement tape / CD activity. "Happy Sticks"*

LANGUAGE *push down, in, back (as in ball coming back to you)*

INDIVIDUALIZING UP *Bounce, clap and catch. Two bounces in each hoop, etc.*

INDIVIDUALIZING DOWN *Helper to stand behind child with hands on the back of the child's hands so that the child can feel the thrust of the helper's hands for bounce.*

TECHNIQUES

Ball bounce *The ball is to be held firmly in both hands and PUSHED down. Do not PAT the ball or simply DROP it. Catch and hold between each bounce.*

Toss *Toss with both hands together, palms up to give underarm action. Face the rebound net.*

TEACHING POINTS *Toss and bounce are controlled actions.*

EVALUATION *Can the child bounce the ball at least three times so that it comes back up to be caught at the same point from which it was bounced?*