

Fundamental Movement and Ball Handling Skills: ‘Aim the Circle’

Fundamental movement skills are a specific set of skills that involve different body parts such as feet, legs, trunk, head, arms and hands. In this instance, our concern is with the development of ball handling skills. They are amongst the skills required as the basis for more complex and specialised skills that pupils will need throughout their lives in order to participate in a wide range of physical activities.

Objectives

Develop the fundamental movement and ball handling skills

Knowledge: types of throwing and catching the ball, rules of the game, ways to adapt the games.

Skills: Throwing and catching the ball, spatial orientation.

Aptitudes: Collaboration, respect the rules.

Duration: 10-15 minutes

Number of players/participants: optimal number of players: Minimum 12 children.

Material/equipment: Small ball

Environment/space: indoor x outdoor; water: Indoor or outdoor.

Description of the activity: How to play the game, rules of the game

- Children are divided into four lines.
- The first child of every group will have one ball in hand (small ball of tennis or baseball), which will be throw in a circle draw on the ground at a distance of 6-7 m. from the line on which the groups are aligned.
- After the ball was thrown, that child runs, catches the ball and goes to the next child in the group, which will continue to aim the circle.
The group who will target the circle will be rewarded with a point

Variety: Game/activity adaptations and modifications, age group considerations, group size. The distance to the circle could be modified according to the age of players.

What happens next? Feedback, reflection (incl. self-assessment), DIY (do-it-yourself)
Children will be capable to play without supervision in their free time.

Key teaching points and cues for assessment

Ref: <https://sportnz.org.nz/assets/Uploads/attachments/managing-sport/young-people/fundamental-movement-throwing-1-of-2.pdf>

Links

- <https://sportnz.org.nz/assets/Uploads/attachments/managing-sport/young-people/fundamental-movement-throwing-1-of-2.pdf>
- <https://goodhabitsforlife.act.gov.au/kids-at-play/fundamental-movement-skills-fms-1>
- http://ccea.org.uk/sites/default/files/docs/curriculum/area_of_learning/physical_education/FMS_teacher_guide.pdf

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