

Fundamental Movement and ball handling skills: 'The Name Game'

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

- To improve throwing and catching the balls (different size).
- Introductory game (Icebreaker game)

Competencies

- Throwing and catching.

Preparation/organization

- 2 minutes
- The best way is to have a different size balls in a big basket available to be used during the activity.

Duration

- Around 10 minutes (plus adaptations another 10 min - ways of throwing, different items throwing)

Number of pupils/participants

- 10 (better 15)-30
- You can have a one big circle or two smaller circles.

Material/equipment

- Balls different sizes, materials (small, big, volley-balls, basket-balls, hand-balls, inflatable balls, rubber balls, tennis balls etc.)
- Frisbees, soft cones, cuddly toys, whatever can be safely thrown and caught.

Environment/space

- Sufficient place (adequate size related to size of the group), can be played inside in the gym OR outside.

Additional staff

No need of additional staff, if there are pupils with special needs, additional support can be provided.

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Description of the activity

- The teacher asks everyone to stand in a large circle.
- The teacher throws a ball to a pupil saying his/her name, and then the name of the pupil e.g. “Teacher to Petr
- Petr catches the ball and then says “Thank you teacher and then says his/her name and throws to another person e.g. “Peter to Emma”.
- Emma then says “thank you Petr” and the game continues until everyone has had the ball once.
- The teacher asks everyone to remember whom they threw the ball to, and to do a re-run if the pupils are not sure.
- The activity continues but with the introduction of more balls from the beginning of the pattern.
- All pupils will be throwing, catching, calling out names, and having great fun! If the teacher thinks the amount of the balls in play is enough he/she can always take a ball(s) out of the game.
- Praise the group for getting to however many balls they managed!
- Tell them this is a good challenge game for older pupils and a way of learning names with a new group.

Variety

- Teachers can put additional items into the circle for catching and throwing (Frisbees, cuddly toys etc.). Everyone will be throwing and catching balls and other items and calling out names. You can practice this throwing without calling names with pupils having to remember the order and to whom they should pass the ball.
The teacher can also change the way of throwing: e.g. underhand, overhead.

What happens next?

Control of task completion - positive feedback. Teacher can ask pupils to think about other ways of passing balls, throwing and catching.

Links

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