



# VIRTUAL SPORTS DAY 2020

## KEY STAGE 2

What?



### **BALL2WALL!**

**You Will Need:**

- » **Tape Measure**
- » **Marker (preferably Tape)**
- » **Tennis Ball**
- » **Flat Wall**

Why?



- **Children can explore how to send & receive objects in different ways and with different parts of the body**
- **Children can explore how to aim at different targets of differing size**
- **Children can use differing techniques when throwing**
- **Children can show control when receiving objects**

How?



- ① **Place your marker approximately 1.5 (Y3/4) or 2m (Y5/6) away from the wall**
- ② **Stand behind the marker; throw the ball against the wall; attempt to catch it when it rebounds to you before it hits the floor**
- ③ **If the ball is dropped, retrieve the ball as quickly as possible before continuing**
- ④ **Record how many successful catches you complete in 60 seconds**

**#HavingFunSafely**

