Physical Education Physical Activity <u>School Sport</u>

together inspiring success

Challenge

Can you work with a partner

passing the ball on the rhythm

beat; chest pass, bounce pass, one

handed pass. Partner throws ball

for volley return with inside of

Introduce movement stepping

Adaptations and tips

forward delivering chest pass, hop on standing foot in between volley

Bounce Rhythm Play a favourite song and bounce a ball in time with the beat of the music. Change to pass round waist, figure of eight through legs hit the beat when the ball touches one hand.

PEPAS

Can you use a smaller ball Change music to a song with faster rhythm. Start off with slower songs and progress to slightly faster songs.

foot.

return.

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