

Spar Lancashire School Games PB Sports Day

Sports Day Activity 11: Rolling a Ball

ACTIVITY/SKILL	OVERVIEW
<p style="text-align: center;">ROLLING A BALL</p> <p>Video Demonstration</p>	<div style="text-align: center;"> <p>TOP VIEW</p> </div> <div style="text-align: center;"> <p>SIDE VIEW</p> </div> <div style="border: 2px solid red; padding: 5px; margin-top: 10px;"> <p>Equipment:</p> <ul style="list-style-type: none"> • 1 larger ball that rolls. • Stopwatch or phone with stopwatch. • Several toys or items of clothing that can be used to set out your course. </div> <div style="border: 2px solid blue; padding: 5px; margin-top: 10px;"> <p>Tips to improve:</p> <ol style="list-style-type: none"> 1. Facing your target, hold your ball in your dominant hand, feet together. 2. Whichever hand the ball is in, place the opposite foot in front of the other, e.g. Right-handed roll left foot forward & vice versa. 3. Bend your rolling arm at the elbow and your knees so you get closer to the floor. 4. Swing your rolling arm back to hip height, then forwards and release the ball when your hand is in line with your front knee, sending the ball rolling along the floor towards your target. The faster you move your arm the quicker and further the ball will travel. 5. Judge the pace of your roll so that it doesn't go too far past or too short. </div> <div style="border: 2px solid green; padding: 5px; margin-top: 10px;"> <p>Set up and Take Part:</p> <p>Set up as in the diagram - using the space you have available. You can have whatever course you like, be creative.</p> <ol style="list-style-type: none"> 1. Roll your ball AROUND the several items that you have placed in your space/course and get from the start point and over the finish line as quickly as possible. 2. Parent or helper shouts 'go' and starts the stopwatch. Roll your ball around the course and when they get to the finish line parent/helper takes a note of the time, the quicker the better. 3. After the first attempt have another go and try to beat your first score. What is the best score you can achieve? Can your parents, carers or siblings beat your score? </div>