

Foundation PE (Reception) - Bouncing a Ball

Home Learning Challenge Sheet

At school we are learning to bounce a ball. Please help me at home. The following activities will help me to become good at bouncing a ball.

Activities to Support Learning

Bouncing on the Spot

Make a spot on the floor, large enough to bounce your ball on. You could use things such as chalk, tape or an old T-shirt. Stand next to your spot, bounce the ball on it and try to catch it. How many times can you do this without dropping it?

Up the Wall

Find a safe, flat wall space and put a marker about half a metre away from the wall. Stand with your ball about a metre away from the wall. Bounce your ball on the marker and against the wall, then try to catch it. Can you move further away from the wall to make it more difficult?

Bounce It Under

Use a range of objects such as chairs, small tables, or someone's legs to make a bridge. Ask someone to play the game with you - you and your partner should stand either side of the bridge. Try to bounce your ball under the bridge to your partner. How many successful passes can you make?

How High Can It Go?

Challenge a friend to a ball bouncing competition (this might be a game for the outside only). Use the same ball and take it in turns to see how high you can bounce it. How can you make it go even higher?

How to Bounce a Ball:

1. Think about the spot you want to bounce the ball on – will it reach the target?
2. Focus on that spot.
3. Use enough force when bouncing the ball.
4. Grab the ball and bring it into your body when you catch it.
5. Don't stand too far away from the ball, the wall or your partner.

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your bouncing skills!

