

In this lesson you'll be practicing reaction catching & target throwing, and developing leg strength

You'll need:



hoop



large rubber ball



pins x4

Warming up

- Wrist wiggles & arm waves [30s]
- Arm circles
 - 1) Forwards [30s]
 - 2) Backwards [30s]
- Scissor arms [20s]



- Hip circles [25s each leg]
- Leg pendulums [20s each leg]
- Zig-zag sprints [90s]
- Hoop spins (frog jumps) [x3]



Main activities

- Bounce > spin > catch
 - 1) Two-handed catching [60s]
 - 2) One-handed catching [60s]
- Bounce high > catch in the air [90s]
- Throw to catch behind your back [90s]



- Tap ups in the hoops [120s]



- Bounce in the hoop to hit the targets
 - 1) Underarm throws [60s]
 - 2) Chest pass throws [60s]



Stretching & cool down

- Tricep stretch (straight arm across chest) [30s each arm]
- 1 foot/heel to bum hold [15s each leg]
- Calf stretch [15s each leg]

