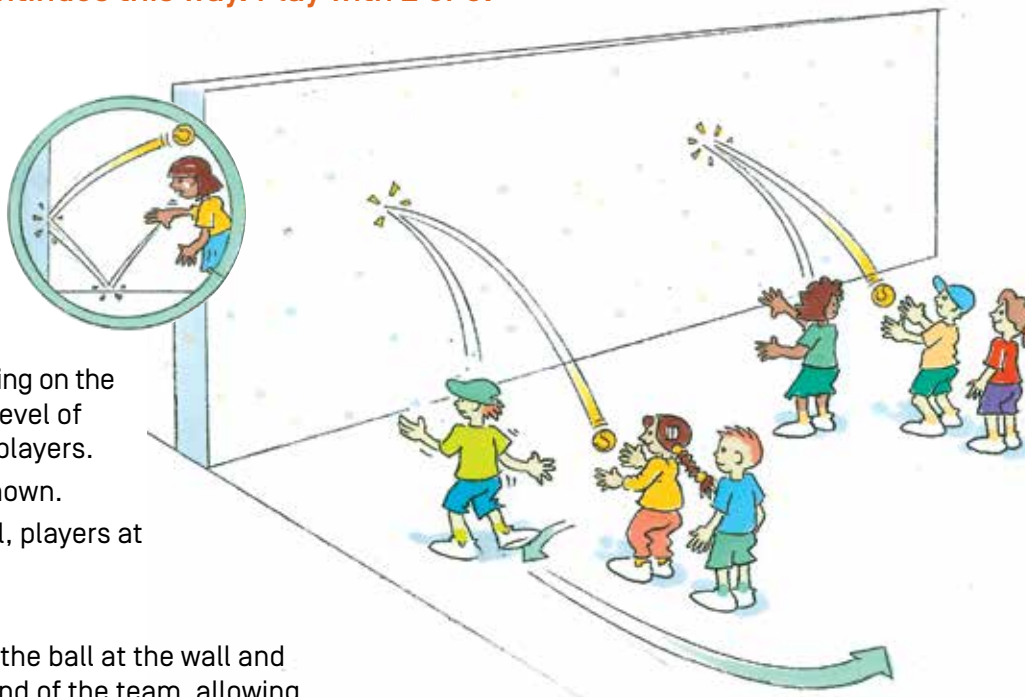# SPORTAUS

F-2 | 3-4 | 5-6 | SKILL DEVELOPMENT

Rebound ball

A player throws a ball at a wall and stands back for a second player to catch the ball – the activity continues this way. Play with 2 or 3.

What to do

Setting up

> Any type of ball depending on the experience and ability level of the players. One per 3 players.

> Optional – towels as shown.

> Open space near a wall, players at least 2 metres away.

Playing

> The first player throws the ball at the wall and moves quickly to the end of the team, allowing the second player to move up and catch the ball. Continue down the line.

> Allow a period for players to experiment with the best method of throwing. Stop the practice and share ideas with the whole group, recommence play.

Challenge

> Play against the clock (e.g. which team has given its players the highest number of turns in 40 seconds?)

Safety

> Choose a ball, type of throw and distance to suit the ability level of the players.

> Start with softer balls and slow underarm throws.

> If a ball goes out of the playing area, retrieving players should signal they are entering another group's area and play should stop.

Change it

> **Practise individually** – allow individual practice to build skill and confidence.

> A player with less advanced coordination and motor skills can be included by another player standing close and sending a short throw or simply passing the ball.

> Players may use a softball glove or Velcro® mitt and suitable ball as an inclusive strategy.

> **Towel catch** – allow each person several throws.
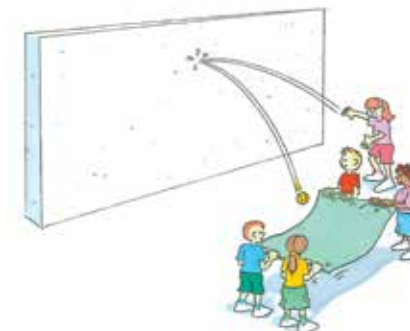
Ask the players

> How are you throwing the ball at the wall to help your team mate catch the ball?

> Where is the best place to aim your throw to let your team mate catch? Why?

PHYSICAL LITERACY ELEMENTS

MOVEMENT SKILLS

OBJECT MANIPULATION

COORDINATION

COLLABORATION

REASONING

AC:HPE CONTENT DESCRIPTIONS

LEARNING INTENTION

Rebound ball allows students to practise and refine the fundamental movement skills of throwing and catching and develop teamwork skills.

ACPMP025

ACPMP043