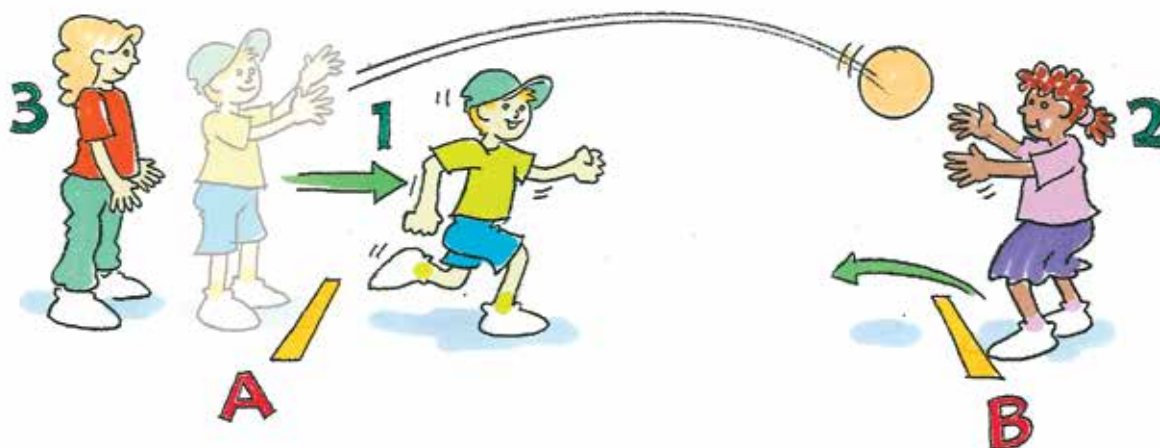SPORTAUS

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

Shuttle ball

A cooperative game. A ball is thrown to a catcher. The thrower runs to take the place of the catcher and the catcher in turn runs to join players at the thrower's line. Teams of 3 or more.
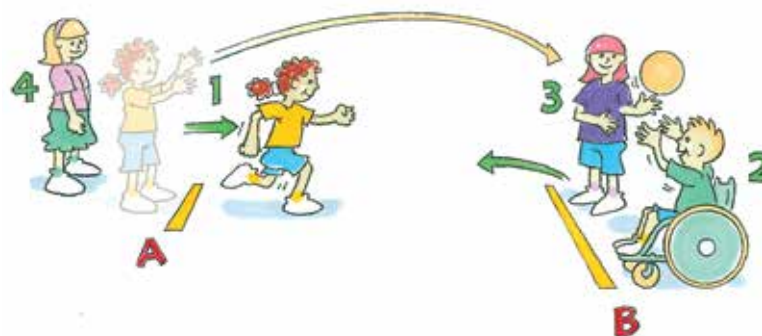

What to do

Setting up

> One ball per team of players
> Markers or tape to identify 2 lines about 3 metres apart

Playing

> Player 1 throws the ball to Player 2 and then runs to Line B.
> Player 2 throws the ball to Player 3 and then runs to Line A.
> Repeat this pattern until the 'stop' signal is given.

Change it

> A player with limited mobility or passing ability (player 2) could start at line B with a team-mate (player 3). The first throw is sent to player 2, who passes it to player 3.
> The game continues with player 3 running back to line A with the ball and player 4 passing to player 2 and running to line B to repeat the pattern.
> Throw at any time between lines A and B – *underarm* and *slow* is better.
> Vary the locomotion between lines (e.g. Hopping, skipping and jumping).
> **Other** – vary the distance between the lines, vary type of pass, roll the ball, use preferred or non-preferred hand.
> Vary the type of ball.

Safety

> Use the *Change it* activity card to adjust activity to the ability of the group.
> Ensure players are not close to walls or other obstructions.
> Players should know what to do if a ball escapes their group.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION

AGILITY

COLLABORATION

PERCEPTUAL AWARENESS

AC:HPE CONTENT DESCRIPTIONS

ACPMP008
ACPMP025

LEARNING INTENTION

Shuttle ball combines introductory throwing and catching with agility. See also Run the circle.