

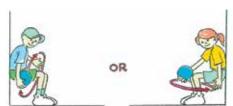


SPORTAUS



Take a seat!

Players lean against a wall in a 'seated' position and do a variety of ball-handling activities.



AROUND THE WORLD



SOUNCE L&R



CATCH



BOUNCE OFF THE KNEES



HORSE-RIDIN MUSCLES

What to do

Setting up

- > Free wall space without obstructions
- > Individual activity one medium-sized ball each
- > Pairs activity one ball per pair
- > Group activity one ball per group

Playing

- > Try the activities shown.
- > These activities can be demanding on the 'skiing muscles' (quadriceps) start with 15–20 second bursts.
- > Mix up individual, pair and group ('down the line') activities to provide rest breaks.
- > Players can be grouped in small teams of 3-4 and compete against each other or pairs can compete against other pairs.

Change it

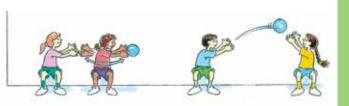
- > This activity can accommodate different ability levels use a chair if required.
- > Vary the type of ball, distance between players and type of pass [e.g. in 'down the line' the distance between some of the players can be adjusted for throwing variations].
- > Down the line try all mixed up, players try to make every pass different.
- > Pairs activity after one throw and catch, partners quickly change places.
- > A second ball between the knees works the 'horse-riding muscles' (adductors).





Safety

- > Ensure no attachments on the wall space used.
- > Start with gentle passes and throws.



Scoring

- > How many consecutive throws/catches in a set time?
- > Not scoring is an option.

Ask the players

- > What parts of your body are working hard in each activity? How can you tell?
- > What can you do to help you sit for longer?

Learning Intention

Take a seat allows students to develop muscular endurance whilst practicing catching and throwing skills in different movement situations.

PHYSICAL LITERACY ELEMENTS

> MUSCULAR ENDURANCE STRENGTH

> > CONFIDENCE

SELF-REGULATION (PHYSICAL)

CONTENT ESCRIPTIONS

ACPMP043