



# Take a seat!

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



## 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)

AC:HPE CONTENT DESCRIPTIONS

ACPMPO43  
ACPMPO61