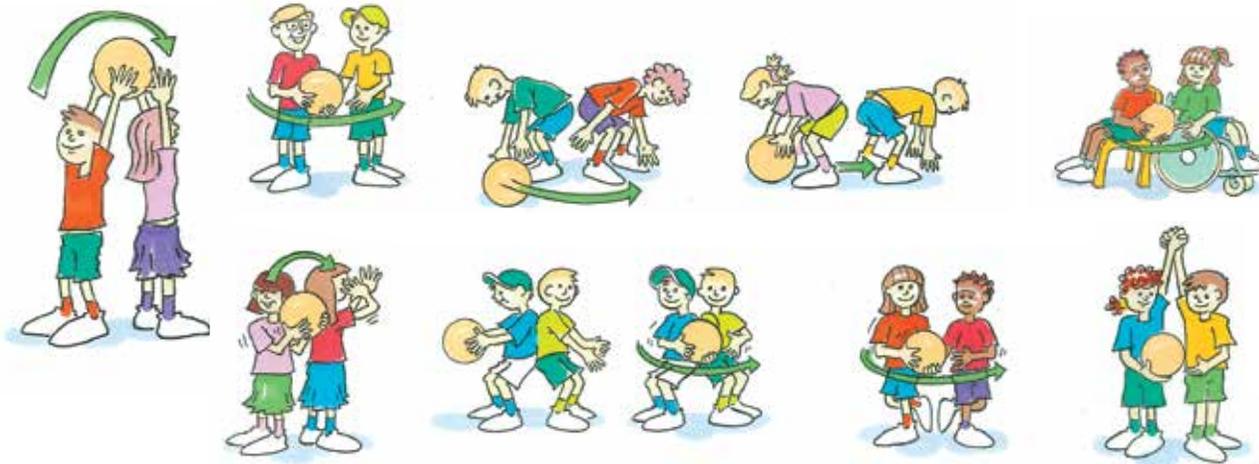


Back to back pass

In pairs, players are back to back and pass a ball to one another. Play with 4 or more.



What to do

- > With one ball per pair, players pass the ball back and forth.
- > Ball must *change* hands completely.
- > Explore different passes – make up new ones. A pool provides extra scope for inventiveness.
- > After exploration – set a time period (e.g. number of passes in 20 seconds).
- > Highlight successful passes. Ask children to show their successful passes.
- > Highlight groups which were able to meet their goal (or beat it).

Change it

- > Swap partners.
- > **Easier** – passer or receiver can move feet around.
- > **Harder** – move apart.
- > Move apart and introduce new passes or positions (e.g. rolling along ground, bounce pass).
- > Match players for size in back-to-back activities.
- > Ask students to develop new challenges for their peers to try.
- > Ask students to change the direction of the pass.



Ask the players

- > Which technique allowed you to make the most successful passes?
- > How did you cooperate with your partner to pass the ball without dropping it?
- > How could being flexible help you perform the challenges?
- > Which challenges were difficult? Why?

Teaching tips

- > Ask students to demonstrate to the rest of the class.
- > Encourage students to try passing over, under and around their body.
- > Remind students about balancing technique (e.g. wide base of support, low centre of gravity) when attempting the counter-balance examples.
- > Reinforce mastery of the task and achieving own goals over competing or comparing with others.

LEARNING INTENTION

This activity supports students to practise upper body stretching, balance and ball handling skills.

PHYSICAL LITERACY ELEMENTS

STABILITY/BALANCE FLEXIBILITY

ENGAGEMENT AND ENJOYMENT MOTIVATION

COLLABORATION

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08 ACPMP025