

KS2 Ball skills

Team Relays

Carry or dribble

Movement

Travel on feet changing direction, level or speed

Skills

Dribble or carry a ball using hands, feet or stick

Use & apply

Perform skills under pressure of a race

Perform

Social

Show focus on team effort

Take on leadership roles

Evaluate & improve

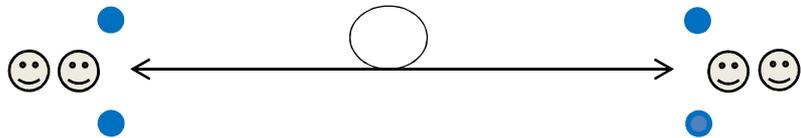
Engage in team talks to improve group performance

SPACE

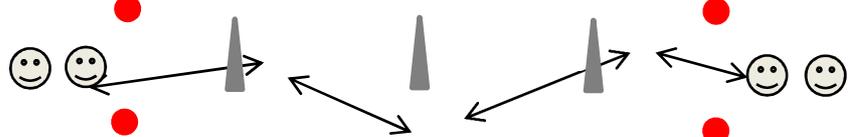
- **A shuttle relay**
Position half of the team at each end. If the team is an odd number, put the larger number at the start end.
- The travelling distance should be at least 10 metres, further for more complex skills
- Three different tasks are shown
- Set up five identical relay lanes
- Allow enough space between team lines to allow for lateral travel.

A shuttle relay is shown but an out & back relay style could be used.

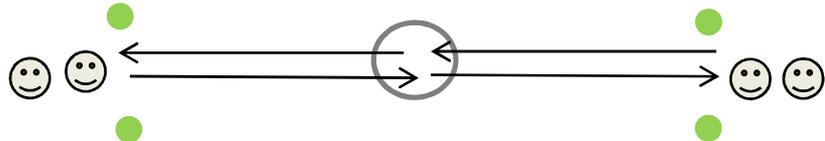
Perform a 360 degree turn as you travel with the ball



Slalom between cones as you carry or dribble



Carry or dribble the ball and deposit it in hoop, collect on return



TASK

1. Set up several team lanes
Three tasks are shown above
 2. T1s (*first team member*) start, then T2s make the return run, then T3s etc. Practise first by simply running without a ball
 3. Explain the first task and allow teams to practise in a continuous relay at pace but without racing. Allow at least 3 turns each
 4. Stop and review progress. Let teams meet in centre to discuss improvements.
 5. Either repeat the practise or perform as a race.
 6. Repeat race handicapping previously winning team if desired.
- Select a new task, or do so in the next lesson*

EQUIPMENT

- VARIOUS depending on the sport and tasks chosen
Each set of equipment X5 for a class of 30.
- Set of stacking markers to mark start gates

PEOPLE

Children will work:

- In teams of between 4 and 6

The teacher leads the activity

To make the task easier or harder, **STEP change** one or more: **Space** **Task** **Equipment** **People**