

Delivery notes

Starter activity: Pass the ball

5 minutes

Introduction:

In this starter activity, pupils have to work together to pass the ball and follow instructions.

Resources required:

- Sponge football

Delivery notes:

Ask pupils to spread out in a space and throw a sponge football between them in silence.

Call out instructions intermittently, such as:

- Stand on one leg.
- Keep one eye closed.
- Use one hand only.
- Hot potato (throw the ball really quickly).

