



# VIRTUAL SCHOOL GAMES

**KS1 & 2 HAND-EYE**

**CO-ORDINATION FESTIVAL**

**@TRAFFORDSSP #TRAFFORDVIRTUALSCHOOLGAMES**



# KS1 ACTIVITY 1: MOVE THAT BALL AROUND YOUR BODY

## Setting up:

- Get your own medium sized ball
- Stand in a 2m space with your feet together with the ball on the floor in front of you.

## Activity:

- Without moving your feet, move the ball (using the fingers on one hand at a time) around your feet.
- The ball should pass in a circle from one foot around to the back of your heel and then behind the heel of your other foot and back in front of the toes to complete one circuit.
- Count how many circuits of your feet you can do whilst your teacher times 1 minute.
- Your teacher will let you know when you have been working for 30 seconds. At that point you need to change the direction you are moving the ball.



# KS1 ACTIVITY 2: BALL DROP AND CATCH

## Setting up:

- Choose 2 tennis balls
- Find a space

## Activity:

- Stand with one ball in each hand.
- From waist height drop the balls at the same time.
- Bend your legs and attempt to catch the balls in the same hands that you dropped them from.
- Count how many you can do before you make a mistake.
- Remember to keep trying and to record your personal best at the end.



# KS1 ACTIVITY 3: BOUNCE AND TRAVEL

## Setting up:

- Choose one medium sized ball
- Place two cones or markers 10m apart

## Activity:

- The aim is to run to the cone and around it whilst bouncing the ball continuously with one hand and catching it in two hands.
- Each time you get back to the start you score a point.
- See how many points you can score in 1 minute



# KS1 ACTIVITY 4: DROP CATCH

## Setting up:

- Choose one medium sized ball
- Stand in a 2m space with your feet shoulder width apart

## Activity:

- Hold the ball in 2 hands with one hand in front of your legs and one hand behind.
- Bend your legs so you are in a squat position
- With the ball gripped in your fingers, drop it to the ground.
- Very quickly, swap your hands (front to back) and catch the ball after one bounce
- Repeat, changing the hands in front and behind your legs. If you make a mistake restart from the number you had got to so far.
- How many catches can you do in 30 seconds?



# KS1 ACTIVITY 5: MOVE THE BALL IN A FIGURE OF 8 AND RUN!

## Setting up:

- Choose one medium sized ball
- Place two cones 10 m apart
- Stand behind one of the cones, with your feet shoulder width apart, with the ball on the floor in front of you.

## Activity:

- Without moving your feet, move the ball (using the fingers on one hand at a time), from in front of your body back, through and around in a figure of 8, keeping the ball on the floor at all times.
- When you have made a figure of 8, run to the cone 10m away and make a figure of 8 on the floor there.
- Keep making one figure of 8 at each cone and then running to the cone at the opposite end whilst your partner times you for 1 minute. Record your score.



# KS2 ACTIVITY 1: CATCH WITH 1 HAND IN FRONT & 1 BEHIND

## Setting up:

- Choose one medium sized ball
- Stand in a good space with your feet shoulder width apart

## Activity:

- Hold the ball in 2 hands, with one hand in front of your legs and one hand behind.
- With the ball gripped in your fingers, flick it upwards slightly.
- Very quickly, swap your hands and catch the ball.
- Repeat changing your hands in front and behind your legs each time you catch the ball.
- If you drop the ball, carry on from where you were up to. How many catches can you do in 30 seconds?



# KS2 ACTIVITY 2: DRIBBLE 2 BALLS AT THE SAME TIME

## Setting up:

- Choose two medium sized balls that are pumped up.
- Stand in a good space with your feet shoulder width apart

## Activity:

- Hold one ball in each hand.
- On command of, 'Go' drop each ball from waist height and then continue to dribble both balls at the same time.
- Keep count of how many successful dribbles you do before you lose control of a ball/ the balls.
- Have 3 attempts and record your best score. Keep trying- it's not easy!!



# KS2 ACTIVITY 3: ONE - TWO!

## Setting up:

- You need one medium sized ball
- Place two cones or markers 10m apart

## Activity:

- The aim is to run in figures of 8 through and around the 2 cones bouncing the ball with one hand and catching it in two hands.
- You have to change the hand you bounce from each time e.g. left hand bounce and catch in two hands then right hand bounce and catch in two and so on.
- Have a practice turn before you have a go timed by your teacher.
- Now the real thing! How many figures of 8 can you do in 2 minutes.



# KS2 ACTIVITY 4: BOUNCE IN FRONT THEN CATCH BEHIND

## Setting up:

- Choose one medium sized ball which is well blown up.
- Find a line on the playground, or imagine a line running from the heel of one shoe to the other.
- Stand with the heels of your feet touching the line.

## Activity:

- Hold the ball in two hands in front of your body and throw it down and backwards through your legs so that it bounces on the line/imaginary line.
- Move your hands quickly behind your body and try and catch the ball. Repeat
- See how many you can do consecutively before you make a mistake.
- Count your best score.



# KS2 ACTIVITY 5: BOUNCE 2 BALLS & CATCH IN OPPOSITE HANDS

## Setting up:

- You need 2 tennis balls
- Find a 2m space

## Activity:

- Stand with one ball in each hand.
- From waist height, drop both balls at the same time.
- Bend your legs and attempt to catch the balls in the *opposite* hands that you dropped them from.
- Count how many you can do before you make a mistake.
- Remember to keep trying and to record your personal best at the end.

