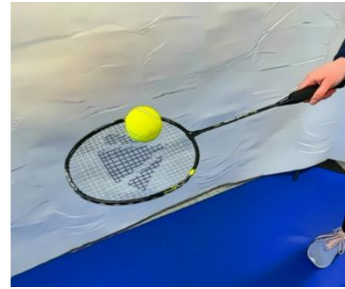


Level 1 Ball Skills

Throw a small beanbag into a hoop 1 meter away from you. Try two hoops either side of you.



Balance a tennis ball on a tennis racket for 15 sec. Try 30 seconds.



Throw a small beanbag upwards and catch it. Try to throw it higher.



Roll a football with one hand between goal posts placed 0.5 meters apart, 2 meters away from you.

Have your partner roll a ball to you to pick up, from 3 meters away. Roll it back and repeat.



Drop a balloon and kick it before it hits the floor.



Gently kick a football between two goal posts placed 1 meter apart from each other, 2 meters away from you.

Play "keepy-uppy" with a balloon, tapping it upwards to stop it hitting the floor.



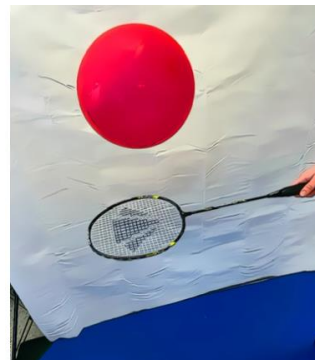
Drop a balloon and hit it with a racket before it hits the floor.



Throw and catch an inflatable ball to your partner 1 meter away from you.



Play "keepy-uppy" with a balloon using a tennis racket to stop it hitting the floor.



Throw and catch a football off a wall 2 meters away, letting it bounce before catching it.



Throw an inflatable ball around a close circle of other people. Change the direction and try bouncing the ball..

Level 2 Ball Skills



Throw and catch a football to your partner 2.5 meters away. Try 3 meters.

Throw and catch a football with a partner starting 0.5 meters away, taking one step back after every successful catch.



Stand 1 meter away from your partner to bounce and catch a netball/ football between you. Try 2 then 3 meters.



Overhead throw a football to your partner 2 meters away to catch without letting the ball bounce. Try 3 and 4 meters.



Bounce and catch a gym ball with both hands, just in front of your feet.



Throw and catch two footballs around a close circle of people to the person next to you. Change direction and make



Carefully kick a football with your partner 3 meters away, stopping the ball with your foot and don't use your hands.



Throw and catch a football off a wall 2 meters away without letting the ball touch the floor. Try standing further away.



Drop a football and kick it before it hits the floor.



Standing sideways, drop a tennis ball, let it bounce, then hit it with a racket.

Balance a tennis ball on a tennis racket whilst walking around. Try speeding up.



Stand 3 meters away from a wall and gently kick a football against it. Stop the rebound with your foot before repeating.



Level 3 Ball Skills

Throw and catch a tennis ball with your partner 2.5 meters away. Try 3 and 4 meters.



Play "keepy-uppy" with a tennis ball and racket whilst walking around.

Throw and catch a tennis ball off a wall 1.5 meters away without letting it touch the floor. Try a further distance.



Walk slowly in the same direction as your partner, 2 meters away, whilst throwing and catching a tennis ball.

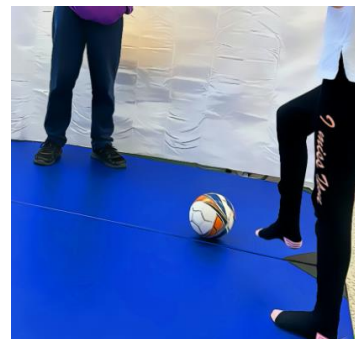


Pass a ball in a figure 8 around your legs. Speed up.



Dribble a football between cones.

Use a hockey or broom stick to dribble a small ball between cones.



Kick a football with a partner whilst one person moves around slowly. Take it in turns to move and try speeding it

Bounce a tennis ball on the floor repeatedly without catching. Try walking.



Stand 3 meters away from your partner who will throw a football to you in all directions to catch.

Start a rally with your partner from 5 meters away with tennis rackets and a ball without letting it bounce. Try to beat your previous score.

