



Learning objective: I can roll the ball with more accuracy

Key Vocabulary: -accuracy -opposite

Equipment: -low cones (including blue) -tall cones -bibs -soft balls (small to medium sized)

### Warm Up - Fire and Ice

You need 3 icicles (blue cones) and 3 fire balls (red balls). Pick 4-5 children to be icicles. Three ways to become frozen: tagged by an icicle, falling over and if you go out of the area.

Level 1 - If frozen do the fist pump dance (Make a fist with one hand and punch it up to the sky whilst stepping from side to side). If you have a fireball you can't be frozen. If frozen, someone can throw you a fireball. If you catch it you become free. If the fireball is not caught then it can be thrown towards you until you do.

Level 2 - If a fireball is dropped it cannot be picked up so the number of fireballs that can be used is reduced.

Level 3 - Holding a fireball doesn't make you invincible. You can still be freed if you catch another fireball. Then that person will have 2 balls to rescue others.



# Adventure Club – Example (KS1)



Explain and demonstrate the key points when rolling an object:

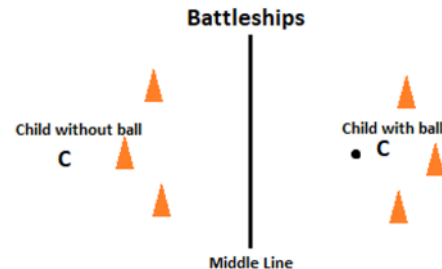
- Face your target
- Arm looks like a lowercase 'l'
- Swing, step - bending low, roll (opposite leg steps forward)

## Battleships

Each child has 3 cones and there is 1 ball per pair. They set their cones up each side of a middle line. The aim is to hit their partners cone by rolling the ball. If they do they bring the cone over to their side. The child without the ball must stand behind their cones (no intercepting). Winner is person who has the most cones.

Level 2: Child without the ball can now try and protect their cones by blocking the ball

Level 3: if the cone gets knocked over it is removed from the game. The person to knock over all of their opponents cones wins.



## On your Toes

3V1 game - 3 balls - 3 goals

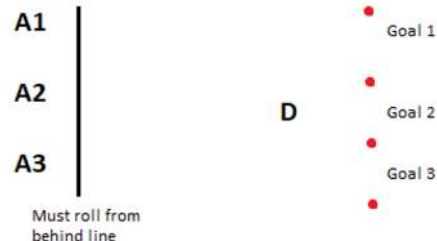
Number the attackers 1, 2 and 3 - This is the order that they roll in. Each attacker takes it in turns to try and roll a ball through one of the goals. Before they roll the ball, they must say which goal they are aiming for. The defender has to try and stop the ball using their hands.

Level 2: The attacker doesn't have to say which goal they are aiming for but they must continue to roll in the same order

Level 3: Increase the distance between the attackers and the goals

Level 4: Make the goals smaller

## On your Toes

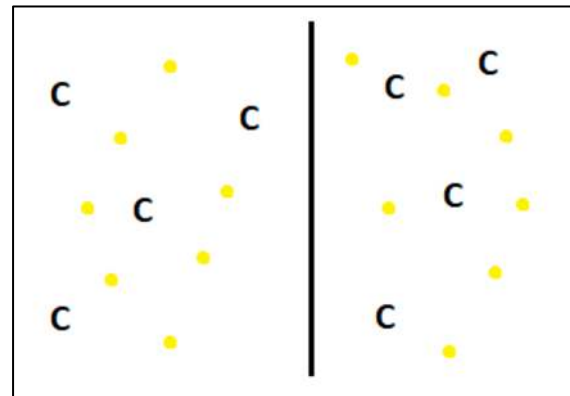




## Roll 'a' ball

Split into teams (you could have more than one game going on at a time depending on numbers). Each team has the same number of cones and balls to start with. On your command, children try to hit the opponents cones. If they hit the cone they bring it back to their side.

Level 2: Remove the cones. The aim is to now hit the feet of your opponents. Only counts if you hit their feet. Children are allowed to dodge and jump to avoid being hit. If they get hit they must come to the 'Recovery Zone' where they must roll a ball to hit a cone to go back into the main game.



## Cool Down - Boules

Groups of 4 each with a different coloured bean bag or ball. Use a tennis ball or football as a target. Each player takes it in turn to slide/roll/throw their bean bag/ball as close to the target as they can. Closest is the winner.