



## PASSING AND RECEIVING KEY STAGE ONE

- Stand 10 steps apart from a partner. Face them and start throwing the ball back and forth, trying not to drop it.
- When a player drops the ball, they must go down to the ground on one knee and then continue catching and throwing from that position.
- If that player drops the ball again, they must kneel down on both knees.
- Each time a player drops the ball, they lose the ability to use part of their body. 1st one knee, 2nd two knees, 3rd one elbow, 4th two elbows.
- If you catch the ball then you get the use of that body part back.
- Play this game for 5 minutes. How many times did you drop the ball?
- Send this result into your teacher to submit.

## PASSING AND RECEIVING KEY STAGE TWO

- Passing to yourself- pass the ball back and forth from one hand to the other hand in front of your body. How many times can you do this before you drop the ball? Once you have done that throw the ball above your head and catch. How many times can you do this in a row? How high can you throw and catch?
- Then complete the clapping challenge- Throw the ball up high and clap. How many times can you clap before you catch the ball?
- Have a few goes and record how many times you clapped before you caught the ball.
- Send clapping challenge results into your teacher to submit.

EVERY PERSON WHO RECORDS THEIR SCORE AND SENDS IT TO THEIR TEACHER WILL WIN A POINT FOR THEIR SCHOOL.....WHO WILL BE THE WINNER IN THE SCHOOL GAMES MARK MAY NETBALL EVENT!