



PHYSICAL EDUCATION

REBOUND

EQUIPMENT

A ball, small object or rolled up pair of socks, a clear wall (indoor or outdoor), some space.

SKILLS & LEARNING:

Catching & receiving skills, coordination

RULES

Stand a few steps back from a flat wall (make sure there is nothing hanging on the wall like a picture – you don't want to break anything!) This can be indoor or outdoor.

Take a few steps back from the wall and throw your object underarm at the wall (aiming to throw upwards, but not too high). As the ball bounces back off the wall, try to catch it. How many consecutive catches can you make without dropping the object?

MAKE IT HARDER

Different throw/catch combinations, e.g. – throw with right hand, catch with left. Throw with left, catch with right. Throw at an angle, so you have to adjust your feet and move to catch.

Throw and bounce for someone else to catch, and they return for you.

Throw from a further distance, or throw higher up the wall.

MAKE IT EASIER

Allow two-handed catches, closer to the wall, or use an object to catch the ball in (i.e. a bucket/bin/saucepan) to make this easier for younger players.

