

KS2 REBOUND REACTIONS

part of the Cornwall Virtual School Games

#CORNWALLSCHOOLGAMES



ACHIEVE THE CHALLENGE:

The aim of this challenge is to catch as many rebound throws as possible in 60 seconds

HOW TO PLAY:

1. Set up a starting marker 1 meter (or 1 big step) away from a wall
2. Set up 2 other markers 1 meter (or 1 big step) out to either side of your starting marker (left and right)
3. Begin by standing on the middle marker. Using a tennis sized ball, throw the ball against the wall and catch it again
4. Once you have caught it, then jump out to a side marker and then jump back to your starting position.
5. Now throw the ball against the wall again and catch it.
6. Once you have caught it, then jump out to the other side marker and then jump back to your starting position.
7. Keep going for the full 60 seconds. Count how many successful catches you make

EQUIPMENT

- Chosen object: Tennis ball, Rolled up socks, ball of paper
- Markers: cones, socks, paper, exercise mat
- Stopwatch or clock to time the 60 seconds.

ADAPTATIONS FOR AGE / ABILITY

- Try landing on your outside foot to rebound back to the middle point quicker e.g. if you jump out to the right, then land on your right foot and jump back to the middle with two feet so you are balanced again
- Use an under arm throw technique for accuracy

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SAFETY

- Ensure that the area is clear of hazards
- Don't use anything for your markers that you could slip on



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SCORING

- Award yourself 1 point when you complete a sequence of: throw - catch - jump out to the side - jump back to the middle

TIPS

- This challenge requires some co-ordination, so throw and catch with both hands for accuracy
- Make sure stay on your toes so you can move your feet to where you need to be!

SCHOOL GAMES VALUES:

Don't forget to try and demonstrate the School Games values whilst you complete this challenge. There are six values; Respect, Honesty, Passion, Team-Work, Determination and Belief.

