

NETBALL

JUMP...CATCH...PIVOT



THE RULES

- ★ Throw a ball high up in the air or against a wall
- ★ As the ball rebounds/starts to fall, jump and catch the ball in the air and land two footed
- ★ Complete a full turn/360° by pivoting on one foot
- ★ How many catches can you achieve in 30 seconds?

EQUIPMENT

- ★ Ball: netball, football, basketball, rolled up socks
- ★ Stopwatch



**1 POINT FOR EVERY
SUCCESSFUL CATCH ACHIEVED**

INCLUSION & DIFFERENTIATION

The activity can be performed either standing or seated. Remember you can adapt the Space, Task & Equipment to suit your own needs in order to attempt the challenge.

SOME IDEAS...

EASIER

- ★ Don't throw the ball too high
- ★ A partner throws the ball to you
- ★ Use a larger softer ball i.e. beachball, balloon

HARDER

- ★ Complete a half or full turn before catching the ball
- ★ Move side to side to markers before catching the ball

SAFETY

- ★ Wear suitable shoes that are fastened securely
- ★ Set up activity in a clear space away from obstacles



<https://www.northamptonshiresport.org/virtual-school-games-challenges1>

NETBALL

THE LONG PASS



THE RULES

- ★ Stand approx. 3m from a wall or 6m from a partner
- ★ Throw the ball using either an overhead, chest or bounce pass against the wall or to your partner
- ★ The ball can be caught as a direct catch or can be allowed to bounce
- ★ How many catches can you achieve in 30 seconds?

EQUIPMENT

- ★ Ball; netball, football, basketball, rolled up socks
- ★ Stopwatch



**1 POINT FOR EVERY
SUCCESSFUL CATCH ACHIEVED**

INCLUSION & DIFFERENTIATION

The activity can be performed either standing or seated. Remember you can adapt the Space, Task & Equipment to suit your own needs in order to attempt the challenge.

SOME IDEAS...

EASIER

- ★ Allow the ball to bounce multiple times before catching
- ★ Reduce the distance to the wall or partner
- ★ Use a larger, softer ball

HARDER

- ★ Increase the distance to the wall or partner
- ★ Use a smaller ball
- ★ Jump before catching the ball
- ★ Introduce a defender

SAFETY

- ★ Wear suitable shoes that are fastened securely
- ★ Set up activity in a clear space away from obstacles



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THE RULES

- ★ Find a space, and with both hands hold a ball
- ★ Start on two feet and jump upwards into the air landing onto one foot
- ★ Once landed, hold the ball for 4 seconds
- ★ Repeat, but alternate the landing foot to ensure you practice balancing on both feet

EQUIPMENT

- ★ Ball: Netball, football, basketball etc...
- ★ Stopwatch

INCLUSION & DIFFERENTIATION

The activity can be performed either standing or seated. Remember you can adapt the Space, Task & Equipment to suit your own needs in order to attempt the challenge.

SOME IDEAS...

EASIER

- ★ Start on two feet and land on two feet
- ★ Remove the ball and alternate holding a 4 second balance on both your right and left foot

HARDER

- ★ Start on one foot and land on one foot
- ★ Attempt to catch the ball in the air before landing
- ★ Run, jump and catch a ball fed by a partner



**HOW MANY 4 SECOND
BALANCES DID YOU ACHIEVE?**

SAFETY

- ★ Wear suitable shoes that are fastened securely
- ★ Set up activity in a clear space away from obstacles



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NAME	JUMP...CATCH PIVOT...	THE LONG PASS	STICKY FEET



**DON'T FORGET TO LOG ALL YOUR SCORES TO EARN VIRTUAL SCHOOL GAMES
POINTS FOR YOUR SCHOOL BY 5.00PM ON SUNDAY 7TH MARCH 2021**

www.northamptonshiresport.org/virtual-school-games-challenges