Content outline
This activity aims to focus on refining the different ways to retrieve a ball, whilst linking this to movement and returning the ball
- Correct body / hand positioning
- Linking of skills
- Problem solving

Space
- Increase the distance from the targets (to make the task more difficult)
- Decrease the distance from the targets (to make the task easier)

Equipment
- Change size of ball
- To increase difficulty, use a smaller ball (Eg table tennis ball)
- To decrease difficulty use a bigger ball (Eg.a football or netball)
- Change the size of the targets you are aiming your throw

Task
- If the task is too easy, try to complete the activity with your non-dominant hand
- Throw the ball harder to increase the speed / distance to retrieve it
- Use targets to aim for to throw the ball after retrieval

People
- If you have another person in your house, ask them to roll / throw the ball for you to retrieve
- Can you create a competition / challenge to compete against someone else?

Learning intention
Physical:
- To refine the technique of chasing and retrieving a ball, and linking retrieval to a return throw

Personal:
- Problem solving

Learning questions:
- Describe how you collected the ball
- Where did you plant your foot?
- What type of throw did you use to return the ball?
- When were you most successful? And why?
- What would you do next time to improve your technique?
- Why is it important to be effective at this technique in a game of rounders?
- Which position(s) is this skill most important? And why?

More resources
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