Year 1 PE - Task 2

Games – Striking and fielding

Task – We are going to build on some of your fielding skills by improving reaction time. Set out a square like below. You need to stand in the middle and wait for your partners' instruction. You will need to colour or number the 4 corners of your square. They do not need a physical number or colour on them but they just need to be named in this way so that the person in the middle can identify each corner. You will also need a ball or a scrunched up piece of paper to play. The partner will need to call a colour or a number to identify the corner and say either 'high, low, straight or bouncy'. These commands refer to which corner to go to and then the flight path of the ball or object. The partner then needs to send the ball to the corner that they called. For example, I might call out 'red high'. This means the player needs to get to the red corner quickly and receive a ball/object that will be high. As soon as the partner has called their command, they can send the ball in the right way to the right corner.

To build on this you can stop giving the flight instruction first and work on just getting to the right corner early (this is key to getting into a good position) and then judging the flight of the ball ready to receive.

Next, stop giving either instruction. This will help to begin judging where the ball is going, how to get there early, how to keep your eye on the ball and how to get into a good receiving position.

Please see the list of useful PE resources if you are looking for any additional support.