

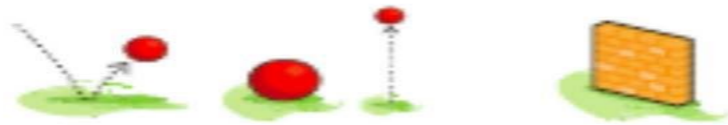
Physical Activities	CORE ACTIVITY 3	DIFFERENTIATION OPPORTUNITIES
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LEARNING OBJECTIVES	<p>WARM UP</p> <p>Range of tempo and movement in space followed by dynamic stretches. Short game of choice.</p>	
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<p>1. Be able to attempt a variety of throwing techniques in order to improve accuracy;</p> <p>2. Know and understand how the position of the body affects throwing performance;</p> <p>3. Develop fundamental movement skills, become increasingly competent and confident, and access a broad range of activities to extend their agility, balance and coordination.</p>	<p>MAIN ACTIVITY</p> <p>Using different ways of travelling (eg running, walking, hopping and skipping) and following different pathways or courses, see how fast or far you can go in challenges such as:</p> <ul style="list-style-type: none"> <li>• Can you throw nearer the middle of the hoop?</li> <li>• Can you bounce the ball higher than the mark on the wall?</li> <li>• How high up the wall can you bounce the ball?</li> </ul>	<p><u>EXTENSION</u></p> <p>Hit the balls.</p> <p>Aim for moving targets.</p> <p><u>EASIER</u></p> <p>Use smaller, heavier balls.</p> <p>Move the targets closer and lower. Award points for the ball landing close to the target.</p> <p><u>HARDER</u></p> <p>Use less aerodynamic equipment. Increase the target distances and heights.</p> <p>Throw from kneeling, sitting and lying positions.</p>
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1 Throw to the middle of the target.



2 Bounce a ball high up the wall.



3 Bounce a ball to hit a mark high up the wall.

Can you create a game which involves points?

How can you make your game harder or easier?

Can you draw a picture of your game?

