

## Skill: Sending and Receiving



### Yellow Challenge

With right and left hand against a wall or with a partner (3 to 5 metre distance):

1. I can roll a large ball and collect the rebound.
2. I can roll a small ball and collect the rebound.
3. I can throw a large ball and catch the rebound with 2 hands.

### Green Challenge

With right and left hand, against a wall or with a partner (3 - 5 metre distance):

1. I can throw a tennis ball and catch it with the same hand after 1 bounce.
2. I can throw a tennis ball and catch it with the same hand without a bounce.
3. I can throw a tennis ball and catch it with the other hand after 1 bounce.
4. I can throw a tennis ball and catch it with the other hand without a bounce.
5. I can strike a large, soft ball along the ground with my hand 5 times in a rally.

### Red Challenge

With both right and left hand/foot, against a wall or with a partner (at least 5 times in a row):

1. I can strike a ball with alternate hands in a rally.
2. I can kick a ball with the same foot.
3. I can kick a ball with alternate feet.
4. I can roll 2 balls alternately using both hands, sending 1 as the other is returning.

## Physical Skills

### Level 3

- I can perform and repeat longer sequences with clear shapes and controlled movement.
- I can select and apply a range of skills with good control and consistency.

### Level 2

- I can perform a sequence of movements with some changes in level, direction or speed.
- I can perform a range of skills with some control and consistency.

### Level 1

- I can perform a small range of skills and link two movements together.
- I can perform a single skill or movement with some control.

## Skill: Reaction/Response



### Yellow Challenge

From a distance of 1, 2 and 3 metres:

1. I can react and catch a large ball dropped from shoulder height after 2 bounces.
2. I can react and catch a large ball dropped from shoulder height after 1 bounce.

### Green Challenge

From a distance of 1, 2 and 3 metres:

1. I can react quickly and catch a tennis ball dropped from shoulder height after 1 bounce.

### Red Challenge

From a distance of 1, 2, and 3 metres:

1. I can react quickly and catch a tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.

Physical  
Unit 5  
Physical Skills

