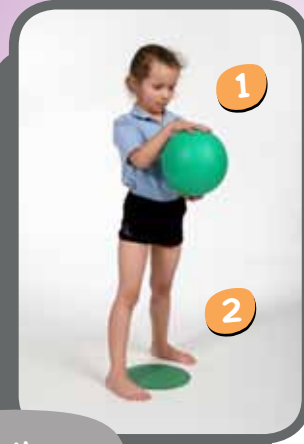


As they become more skilful
Manipulative

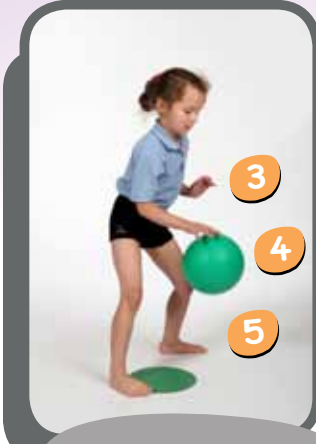
Bouncing a Ball

Bouncing is pushing the ball towards the ground with sufficient force to allow the ball to bounce back up to hand/hands at a level just below the hip. Bouncing is typically performed in a stationary position. It is important for playground games, basketball, handball and rhythmic gymnastics.

1 Start with one hand supporting the ball and the other on top of the ball



2 The feet are slightly astride



4 The wrist controls the ball



5 Push the ball down

7 Keep the ball below your waist

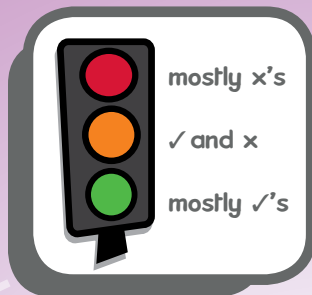
6 Push the ball slightly forwards

If you see...	Observation	Likely cause	Solution
Unable to maintain control of the ball in one place	Slaps the ball with an open hand with little control	Spread fingers to control the bounce	
Grips the ball with their hands placed on the side of the ball and palms facing each other	Starts with ball in two hands	Palms of hands should face the floor	
Ball bounces up too high	Thrusts the ball downward with both arms	Practise with balloons and beach balls initially with less bounce. Progress onto sponge balls	
Ball controls the child rather than the child controls the ball	Pushes too hard on the ball	Keep the ball bouncing within a certain area	
Ball contacts the surface close to the body	Ball not pushed slightly in front and to the side of the body	Place a hoop or rope in front of the child. Aim to keep the ball at arm's length	
Ball bounces away from the child	Body too upright	Encourage a slight forward lean over the ball	

Opportunity to develop:
 Coordination - Control -
 Spatial awareness - Accuracy -
 Hand-eye coordination -
 Body awareness - Manipulative skills
 Physical Development Area of Learning -
 contributes to 'Personal' and 'Adventurous and physical play' skills sections

Safety!
 Ensure...
 children keep their heads up


As they become more skilful Manipulative




Bouncing a Ball

Can you see...?


- The child's feet placed one in front of the other?
- The child's opposite foot to their bouncing hand forward?
- The child showing a slight forward lean?
- The child starting with the ball at waist height?
- The child pushing the ball to the ground with a firm follow through?
- The child remaining in one position whilst bouncing?
- The child keeping the ball close to their body whilst bouncing?
- The child pushing the ball to the floor with their fingers




- Practise the action without a ball
- Hold the ball at arm's length and try to drop the ball in a hoop. Count how many times the ball bounces before stopping still. Repeat using different sized balls/different textured balls
- Hold a balloon. Push the balloon to the floor. Try to get it to bounce. Stop the balloon from going up in the air
- Using a large Fit ball/Swiss ball, press down to make the ball bounce
- Drop a ball or beach ball with two hands. Drop the ball so it bounces up. Touch the ball with one hand or two hands



- Bounce and catch the ball in a circle, hoop, chalk markings. Keep the ball in the circle. Try various patterns, two bounces and catch
- Bounce five times and catch
- Bounce the ball on the spot



- Bounce the ball at different levels: knee, waist
- Bounce the ball close to them, far away, to the side, in front
- Bounce the ball around the body passing from one hand to the other
- Bounce different types and sizes of balls
- How many bounces can the child do in a row?



- Bounce a ball around the body whilst standing on a line, a beam or a wobble spot
- Bounce a ball dropped by your partner to keep the ball under control
- Bounce a ball at different heights without losing control
- Bounce the ball in response to a range of cues
- Combine dribbling with hands, bouncing, catching, throwing and fast feet in response to a range of cues, using different directions, pathways and speeds