



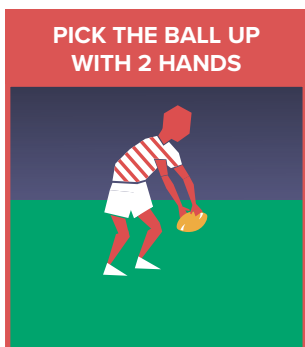
SKILL TO PLAY

PICKING UP AND PUTTING THE BALL DOWN – GRIP

WEEK 1

KEY

CONE BALL PLAYER DIRECTION OF TRAVEL



- Can you pick up a ball using 2 hands?
- Can you score/put a ball down using 2 hands?
- Can you score/put a ball down using 1 hand?
- Can you score/put a ball down whilst both feet are in the air?



MOVE TO PLAY

<p>Superman</p>	<p>Vertical Jump</p>
<p>CLICK HERE FOR MORE INFORMATION</p>	<p>CLICK HERE FOR MORE INFORMATION</p>

THINK TO PLAY

- I understand seeing and trying new skills is important.
- I know that watching players try skills will give me ideas and help me to learn.

LIVE TO PLAY

- I enjoy watching rugby, Live Rugby, Sky TV, YouTube, ouRLeague.
- I know health and hygiene are important, e.g. washing my hands.

