

Rolling Challenges

Give each student a ball. Use the script to challenge the students.

- Roll the ball over your body using two hands, then one.
- Swap hands.
- Roll the ball over your body using two hands, then one.
- Swap hands.
- Roll it along the floor, then run around it and pick it up.
- Practice rolling in different directions and at different speeds
- Now have a go at rolling your ball along a line. Gentle shoves will keep it under control. Run around the ball and pick it up.