



EduTrend Contents

G4C · COORDINATION AND AGILITY GAMES · PRIMARY

Bounce and Switch

Partners bounce-pass a ball and swap places on a signal without losing the rhythm

Ages 6–10

Level: Developing

35 minutes

Pairs · up to 30

Activity 02

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 02 · AT A GLANCE

Bounce and Switch

Partners stand three metres apart and bounce-pass one medium bouncy ball to each other. When the adult shouts switch, both players swap places by running round each other and continue passing without losing the rhythm. Pairs count how many passes they make in one minute and try to beat their own score in the next round. Between rounds, pairs agree one tip.

Learning outcomes

By the end of the session pupils can:

- bounce-pass and catch accurately;
- react quickly to a signal;
- keep a steady rhythm;
- set and beat a pair target.

KEY WORDS

bounce · catch · react · switch ·
rhythm · count

CURRICULUM LINKS

PE: sending and receiving. Maths:
counting and comparing. PSHE:
partnership.

1**WARM UP**

Get moving safely

2**EXPLAIN**

One rule at a time

3**PLAY**

Short rounds

4**ADAPT**

Easier or harder

5**TALK**

What helped?

6**COOL DOWN**

Calm and review

Materials (per pair)

- One medium bouncy ball per pair
- Cones to mark positions
- Stopwatch
- Worksheets 1, 2 and 3

Before the session

- Mark pair positions three metres apart.
- Check balls bounce well.
- Clear the space.
- Plan pairs.

SAFETY

Keep pairs well spaced. Run round each other in the same direction to avoid collisions.

ACTIVITY 02 · SESSION PLAN

Step by step

Notice small changes, such as a child who now tracks the ball with their eyes, and name them.

Time	What happens	Say or ask
0–5 min Warm up	Bounce and catch alone.	<i>“Where do you look?”</i>
5–8 min Explain	Passing and switch rule.	<i>“Which way do you run?”</i>
8–30 min Play	One-minute rounds with tips.	<i>“Did you beat your count?”</i>
30–35 min Cool down	Stretch and share tips.	<i>“What helped?”</i>

CHALLENGE CARD (print or copy onto the board)

Beat your pair’s pass count while switching places without losing the rhythm.

ACTIVITY 02 · FACILITATOR NOTES

The game know-how in brief

Hand-eye coordination links what the eyes see with what the hands do; watching the ball all the way into the hands improves catching.

Reacting to a signal while keeping a rhythm trains quick changes of attention, part of agility.

Common ideas to listen for

- “Throw hard to go fast.” Steady passes score more.
- “Look at your partner, not the ball.” Watch the ball.
- “Switching wastes time.” Smooth switches keep the rhythm.

Adapting the activity

Support

Roll instead of bounce and drop the switch call.

Stretch

Use the weaker hand, or add a second ball.

WORKSHEET 1

Pass counts

Name: _____

Class: _____ Date: _____

One-minute rounds.

Pass counts

Round	Passes	Our tip
1		
2		
3		
4		

WORKSHEET 2

Skill check

Tick what you did.

Skill check

Skill	Yes
Watched the ball	
Soft hands	
Quick switch	
Kept rhythm	

WORKSHEET 3

Our best tip

Write it.

Our best tip for passing is...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Passes accurately	Reacts quickly	Beats own count

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Bounce and Switch is a sample activity from the EduTrend Contents G4C Coordination and Agility Games programme (primary, level: developing). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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