



**Olympic School  
Challenge**  
ROAD TO TOKYO

# PE Lesson : Team Games – Double Bounce & Bombardment

## Game 1: Double Bounce

### Key Learnings

Good hand eye coordination and reaction times are important in a number of Olympic sports. This activity requires students to strive to reach and catch the ball.

## Game 2: Bombardment

### Key Learnings

The sport of hockey requires accuracy to pass to a teammate or to score a goal. This activity requires students to aim for a target during the game to score points. Good communication in teams is also very important.

## Warm Up

Move around the space carrying a throwing object (ball, beanbag, teddy, rolled-up socks) in your hand as you travel. After 5 steps moving in various ways (e.g. running, hopping, jumping, side stepping) stop and;

1. Practise moving the ball around the body using hands only
2. Progress to moving the ball in and out, between legs using the hands in a figure 8 pattern.



# Game 1: Double Bounce

## FMS (Functional Movement Skills) Focus

Focus is on manipulative skills—developing good hand eye coordination.

## Goal

Catch the ball before it drops twice. Move further apart after each successful catch.

The winning pair are the furthest apart when the time is up.

## What You Need (Equipment)

- 1 Tennis ball
- No. of children (2)

## How To Play

**Round 1:** In pairs students spread out. One person in the pair has the tennis ball and the other person takes two steps away from their partner. The person with the ball holds out their arms and drops the ball. The partner without the ball has to run forwards to catch the ball without a double bounce. Each time they catch the ball they take a step back. Each time they miss a catch they take a step forwards. The winning pair is the team that is the furthest way from each other at the end of a given time stated by the teacher, e.g. 5 minutes.

**Round 2:** Switch ball dropper/ catcher

### Watch For

More than 2 bounces. Throwing the balls.

### Variations

- Drop two balls: one from each hand.
- Students catch the ball in their right hand only or their left hand only.
- Students face the other way from their partner and the person with the ball calls left or right. The student must turn in that direction and then try to catch the ball before it bounces twice.

## PE Journal/Reflection:

what sports do you need good hand eye coordination for?



# Game 2: Bombardment

## FMS (Functional Movement Skills) Focus

Focus is on manipulative skills—developing good throwing technique. Good communication among teammates is also important.

## Goal

To be the first team to move the swiss ball/cone over the oppositions line

## What You Need (Equipment)

- As many soft balls as possible,
- A swiss ball (or alternatively you could use a large cone)

## How To Play

Divide your class into two teams, each with an equal number of soft balls. Each team should be standing on a line approx 10-15m apart. Put the swiss ball or large cone in the centre.

The goal of the game is to throw the small balls at the swissball/cone to move it past the foul line of the opposing team's court.

Players cannot cross their line to either throw or retrieve a ball but can collect balls from behind their line.

The game is over when the ball crosses the opposition's line or is touched by a player.

Once the students get the hang of the game, have them play it in four teams (in a square formation) so that they have more attempts at throwing.

## PE Journal/Reflection:

- What made it easy or difficult to score a point?
- How did you show respect to the other players during this game?
- In the Olympics is it important to have rules for the athletes to abide by?
- What were two rules in this game and was it easy to stick to them?

