**The Knights**

Give each child (The knights) a ball of different weight, size and texture.

Set out a large circle in the play area as the boundary.

Children stand in a small circle in the large circle facing outwards.

The Knights have to practice slowly rolling their ball and follow it to retrieve it before the ball reaches the boundary.

Encourage the children to try to roll the ball so it stops inside the boundary.

This can also be done with beanbags, where children need to try throwing it out of the boundary.

**Benefits**

This supports the development of rolling and throwing.

This develops balance and core strength.

**S.T.E.P. into Year 1:**

 S – Make the space bigger or smaller for more/less able children.

 T - Can we create a scoring game for this? Can the children develop it themselves? Share their ideas?

 E - Change the equipment, so that they learn to control the throwing of a range of different objects

 P – Can they throw together? Can they throw in turns, competition?

 **STEP – Adapt the Space, Task, Equipment, People to make the activity harder, or easier.**



**www.binspireduk.co.uk**

**info@binspireduk.co.uk**