



Space Monsters

PE Home Learning



Can you play fairly and keep the score?

Time to Learn:

- Choose a start point and place another marker at the opposite end of the space.
- Lay out objects such as teddy bears or cones across the playing area. These are known as the space monsters (defenders).
- Can you dribble using your hands, from the starting point, around the marker and back avoiding the space monsters?
- If you dribble around the marker and back you score one point. If you hit a space monster they score one point.
- The first to score five points is the winner.



Start with three space monsters.

Only add more defenders when you find the activity easy.



How many points you can score?

Every time you hit a defender take a point off.



Play against someone else.

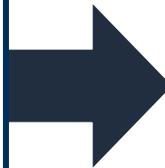
Who can score the most points after three minutes?



Top Tips

Dribbling: Hands

- Keep the ball close to you, use the tips of your fingers.
- Try not to let the bounce come above your waist and look where you are going!



Let's Reflect

What were the consequences of losing control of the ball?

How did you keep focused?