



Activity	Key Skills			National Curriculum		Q.C.A	
	Communication	Working with others	Numeracy	Physical Education	PSHE	Physical Education	Outdoor and Adventurous activities
Aeroball	*	*	*	*	*	*	

Learning objective: By the end of this session pupils will have experienced how to participate effectively as part of a team in aeroball and how to apply tactics to improve team performance.

Description: A unique combination of basketball and trampolining, aeroball is an exhausting game of skill, co-ordination and teamwork. Pupils learn the basic trampoline skills of bouncing and stopping and combine these with passing, shooting and blocking skills of basketball. As the session progresses pupils become more involved in the tactical side of aeroball and improve both their technique and teamwork.

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> • Recognising the importance of good communication with your partner. • To recognise the importance of working as a team. • To demonstrate tactical awareness in applying suitable strategies to improve performance. • Keywords: aeroball, quadrant. 	<ul style="list-style-type: none"> • To wear the recommended clothing for this activity. Long sleeves, long trousers and sensible shoes. • To recognise the importance of the correct technique for bouncing and stopping safely. • To observe the general safety rules 	<ul style="list-style-type: none"> • To prepare physically for the activity in hand. • To demonstrate a good bouncing and stopping technique. • To demonstrate good shooting, passing and blocking technique. • To improve the quality and technique of the newly acquired skill.