

**School of Sport and Recreation**

**Department of Coaching, Health and Physical Education**

**Topic 2 for Students’ Activity Ideas**:

Walking up and down stairs – observing how close their feet up to the top of each step. Then tell them “to not trip” and then observe how raising their attention to a task they normally perform sub-consciously will change the way they move and they more than likely will lift their feet higher over the steps than in the 1st siltation when they were doing it without thinking.

Crazy ball – catching in the gym (or large classroom), observe differences between tennis type ball and crazy ball.

Observing students catching different balls as they are thrown and caught to see how the hands form different shapes when they catch different balls. Consider using a hard boiled or rubber egg at the end that the students don’t know is coming! ☺

Show chaos coaching compared to passing in lines. Or passing in pairs compared to piggy in the morning and how info about people determines the speed, angle, timing and type of pass given. Or passing waves compared to 2v1 draw and pass in rugby.

Single leg standing eyes open and closed (do in classroom) to see how vertical lines are key information to perceive that tells you info about balance.

Kneel or sit on a swiss ball, eyes open and closed to see about direct perception. Try and adjust your balance once eyes are closed and you are losing it.

 