

**School of Sport and Recreation**

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

**Newell’s skill acquisition - practical circuit**

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| Activity 1  Using the skateboards/scooter boards you need to work your way in and out of the cones.  Consider using the following techniques  1 - Lying on board  2 - Sitting on board  3 - Standing on board |
| Activity 2  Using the scooter complete the following tasks  1 - scooter on the flat in a straight line  2 - Scooter downhill - (Ensure that safety equipment is being worn)  3 - Scooter in straight line with blindfold on (Ensure environment is safety checked and clear instructions are given to students) |
| Activity 3  Using the swiss balls provided complete the following tasks  1 - Sit on the swiss balls facing each other - feet off the floor trying to balance  2 - Try to stand on the swiss ball  3 - Sit on the swiss ball as in task 1 - now pass a netball to each other |
| Activity 4  Using the goal and futsal/footballs complete the following tasks  1 - Using your dominant foot score a goal in each corner of the goal- top 2 and bottom 2 (Targets can be used to help)  2 - Using your non dominant foot score a goal in each corner of the goal - top 2 and bottom 2 |
| Activity 5  Using the juggling equipment provided complete the following tasks  1 - Juggle using 2 objects  2 - Juggle using 3 objects - Use this link to help you <https://www.youtube.com/watch?v=x2_j6kMg1co>  3 - Juggle and include one of the skills from one of these links  <https://www.youtube.com/watch?v=UWqpTUsIH_I> - Mills mess  <https://www.youtube.com/watch?v=jc72delE8bw> - The box  <https://www.youtube.com/watch?v=hg8H1d5zd3w> - The ‘W’ |

 