

Practice Makes...

A theme to come out of the Virtual Sports Week has been the importance of practising. For many of you, trying something in your own time without the pressure of the class around you has made you realise that you are better than you think!

This week is all about finding one thing you would like to improve at and practising for at least 15 minutes every day

You may decide to try something completely new or practise a skill which you have always wanted to be better at. Or, you may think you are already brilliant but still think there is room for improvement!

You have 5 days to practise. Submit your result [HERE](#) of your first result on DAY 1 and then again on DAY 5. If you wish, you can in send your results every day and I will give you feedback by email to your parents.

You can choose to do something by yourself or you may need to ask your siblings and parents to help you. If you would like me to tweet photos of you practising to put on the school web-site ask your parents to take clips and photos throughout the week to send to me.

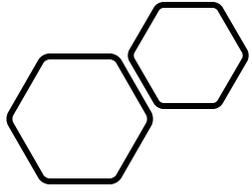
- Step 1 - Decide what to practise. (See next page for ideas)
- Step 2 – Is your target achievable? If it's too easy then challenge yourself and make it harder. If, on Day 1 you are shedding tears of frustration then change your activity to something less challenging. The most important thing is to improve through practise.
- Step 3 – Make sure you have the equipment you need and decide on a time in the day that suits both you and your parents or siblings if they are helping.
- Step 4 - Think about how you are going to warm up and cool down. What muscles will you be using?

Lastly, don't give up! Be kind to yourself and remember we all have good days and bad days. The important thing is to keep practising!

Practice Makes...

Here are some ideas about what to practise but it is up to you, you can choose anything you want!

- Sprinting and long-distance running are great ways of getting fitter. Time your shuttle sprints, speed bounce or run 800m, 1k or 1.4k every day.
- Choose a sport specific skill; playing tennis against a wall, netball shooting, controlling a football or bowling at cricket stumps.
- Always wanted to master juggling? Or maybe walking on your hands? (I cannot wait to see some clips of these two!)
- Jumping long and high are used in lots of different sports and rely on explosive movement, balance and agility.
- Throwing and catching are a big element in many team sports. Try throwing and catching with a partner or use a target to aim at.
- You can also choose any of the activities included in last week's HTPD Virtual Sports Week; ball throw, speed bounce, clap & catch, standing long jump and vertical jump are all excellent activities to improve on.



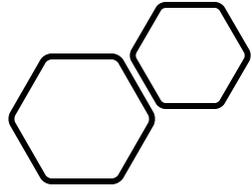
Netball – Shooting: This one is for you if you have a netball post at home. How many balls can you shoot in 3 minutes.

How do I? Make sure your body (feet, hips, shoulders) are facing the post. Keep your elbow by your forehead and only move the top part of your arm. Straighten your elbow and your knees and then release the ball. Toss the ball up in an up-and-over motion toward the ring. Aim at the center point above the net as you shoot and flick your hand forward with your shooting arm.

Too Easy?

Challenge yourself by shooting further away from the post. Ask someone to throw you the ball and pivot (turn) and shoot. Even harder, run into the circle, receive the ball, pivot and shoot. Always finish your practise session by timing how many you can shoot in 3 minutes.





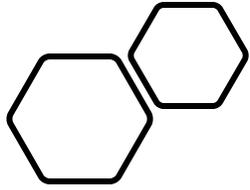
Throwing - Puzzled why everyone else can throw further and more accurately than you? Measure in metres how far you can throw.

How do I? Stand side-on to where you want to throw. Make sure your elbow is the same height as your shoulder and your arm is behind your head. When you are throwing move the weight of your body from your back leg to your front leg. Get a good rhythm going, practice rocking from back to front, legs doing all the work first and your arm moving last and fast! Your throwing arm should travel low-to-high for the ball to go further. Use your whole arm to throw, shoulder, arm, wrist and fingers. Look where to want to throw. One of my favourite questions; if you look at the floor where is the ball going to land?

Too Easy?

Once you have an idea about far you can throw, challenge yourself by creating an area around your average distance to throw into, anywhere outside the area is a no throw. Add in a 3-step stride just before you throw. This part is all about momentum and rhythm. Joining up moving and throwing is trickier than it looks!





Football – Keepy-Uppies : All you need is a football and lots of patience!

How do I? Start by dropping the ball to your knee and try popping it back up to catch it. Do this over and over until it becomes easy. Knee then catch, knee then catch. Eventually the more you practice, the easier it will get and the more you will be able to do it without having to catch and start again. Keep your knees bent and be ready to move and adjust for the ball when it doesn't go exactly where you planned. Keep your eyes on the ball at all times.

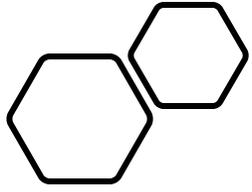
Too Hard?

If you find it too hard using a football, try starting with a beachball or a balloon. Tie some string on the balloon that you can hold so it doesn't float away. Progress on to a football in your own time.

Too Easy?

Challenge yourself by dropping the ball to your foot, then head and combine all three, head, knee, foot.





Tennis – Hit off the wall: How many controlled non-stop strokes can you do for 3 minutes.

How do I? Stand about 4-6 feet from the wall and practice forehand. Stand side on to the wall and practice your swing, opening your shoulders and taking the racket low-to-high. The racket face should be facing towards the wall. Bounce the ball on the floor before hitting it towards the wall. Be quick on your toes and move your feet to the ball. Keep your eyes on the ball at all times.

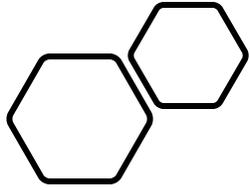
Too Hard?

Use an old tennis ball as it will be less bouncy and easier to control. If you are unable to control the ball with a racket, start throwing the ball, using the same forehand action, against the wall and catching it. Let the ball bounce on the floor before catching or hitting it. Notice how little power you need to use to control the ball back to you.

Too Easy?

Use a mixture of forehand, backhand and volleys (when the ball does not bounce on the floor)





Running – Shuttle Sprints: How many can you run in 2 minutes?

How do I? We all know how to run, right? Here are some top tips for how to run faster than anyone else! Keep your head level and still and look forward in the direction of travel. Keep your shoulders low and relaxed. Try and run 'tall' with high hips and knees and remember to lift your knees up. Move your arms in a straight direction, hips to lips and not side to side. Remember, opposite arm to leg.

Too Easy?

Challenge yourself by either sprinting for longer or making your shuttles longer.

Warm up and Cool down

It's very important that you warm up your muscles before you start sprinting so that you don't injure yourself. Don't forget to stretch off your leg muscles when you've finished and take on lots of fluids throughout the day

