



MAIN ACTIVITY

GAME

Basketball Traffic Lights

Spring 1 – Week 14

TIME:

10 – 15 mins.

EQUIPMENT:

Basketballs and cones.

SAFETY:

Make children aware of other class members when bouncing their ball and try and make use of the whole area.

LEARNING OUTCOMES:

- Listening and following instructions.
- Gross motor skills and ball control.
- Hand eye co-ordination.
- Colour recognition
- EYFS Prime: C.L / P.D / P.S.E.D.
- EYFS Specific: World / Expressive.

SET-UP:

No set up required.

Each child requires a basketball and the teacher needs a red, yellow and green cone.

DESCRIPTION

Explain to the class what the coloured traffic lights mean. Red for stop, yellow means get ready and green means go. The children dribble their basketball around the coaching area, when the teacher holds up the red traffic light: the children stop and catch their ball. Yellow traffic light: the children hold their ball while jogging on the spot. Green traffic light the children continue dribbling their ball.

PROGRESSION/VARIATION

1. Hold the traffic light cones up in quicker succession to trick the children.
2. Choose a child to hold up the traffic lights.
3. Choose different ball skills to represent each coloured traffic light for example: red light: hold the ball while balancing on one leg. Yellow light: throwing and catching, green light: running holding their basketball.