

Wednesday 23rd September: PE Lesson

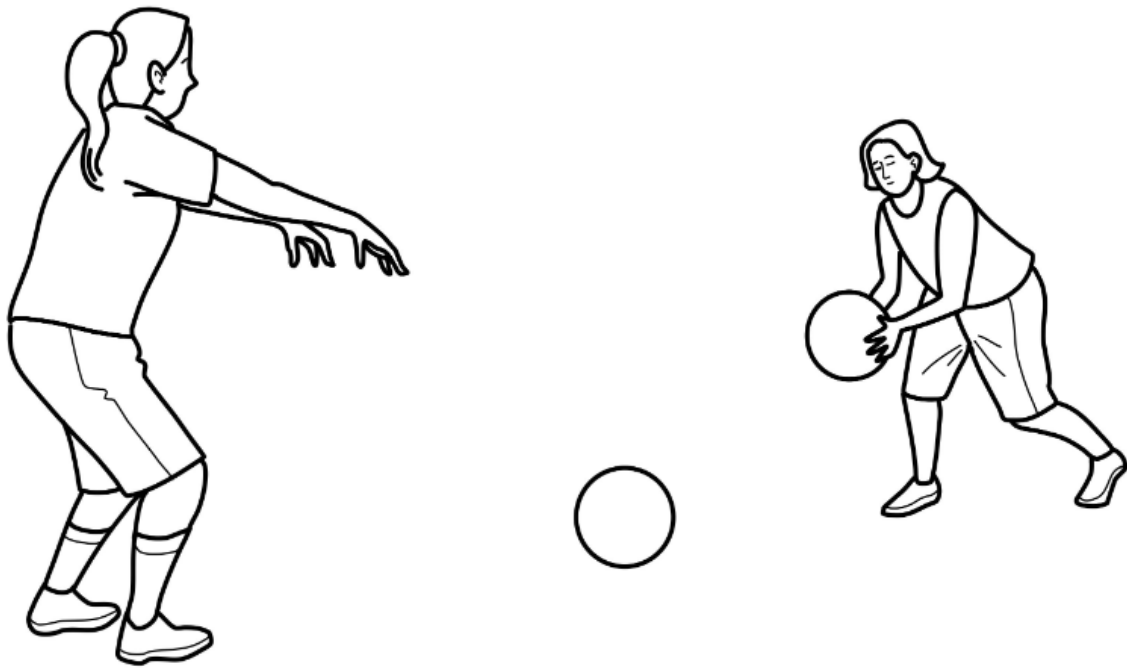
This week in PE would be looking at improving our ball skills! As we are not at school can you practise throwing and catching with someone in your family either during the day, evening or even at the weekend!

Remember the 2 different throws we have been practising: the **bounce pass** and the **chest pass**.

Please always make sure the other person is looking when you pass the ball!

These ball skills will help us with our netball game. Now take a look at this video of England's women team playing Australia in the Olympics and see how they find space when passing the ball.

<https://www.youtube.com/watch?v=G2o72-7bwSI>



Bounce pass



Chest pass