

Name of exercise	High ball – low ball
Description of exercise	<p>Begin facing your partner 3m apart with each of you holding a ball and running on the spot</p> <p>At an agreed signal you and your partner exchange the balls you have, using a two handed tossing action.</p> <p>One ball is always tossed with a rainbow flight line (the high ball), the other ball is always made to bounce between you and your partner (the low ball)</p> <p>Then add some variety to the practice with you and your partner moving forwards and backwards, then from side to side, while keeping the same distance apart, and continuing to exchange the high ball – low ball.</p> <p>Then add to the practice by changing the flight path of the balls after three counts – ie the high ball then becomes the low ball and the low ball becomes the high ball.</p>
Key themes that this exercise can support	Coordination, sequencing, focus of attention
Emphasised at	Second and Third Levels
Appropriate for	First - Fourth Levels