

Name of exercise	Ball exchange
Description of exercise	<p>Begin running in pairs, matching 'same-same' footwork with your partner, while rotating a ball around the waist</p> <p>When the leader of the pair slaps the ball the learners exchange their balls with a two handed toss that makes a rainbow flight line</p> <p>If the leader slaps the ball twice the balls are again exchanged with a two handed toss, but this time the balls are made to bounce between the two learners</p> <p>If the leader slaps the ball three times the learners exchange their balls, with one ball making a rainbow flight line, and the other being bounced.</p>
Key themes that this exercise can support	Coordination, sequencing, rhythm and timing and cue recognition
Emphasised at	First and Second Levels
Appropriate for	First - Fourth Levels

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