



Activity: Space Pass

**Fundamental Movement Skill
focus:**

Throwing Catching

**Activity context focus
(invasion games):**

Using space to **pass** and **receive**

Good to know:

- **Passers** look for space
- **Receivers** create and move into space to receive the ball

A. Space Pass FMS Success Criteria

- accuracy with direction of throwing and catching to help keep possession
- moving quickly into space to allow time to catch a pass
- controlling direction and speed of throw to a team-mate in open space

B. Space Pass Tactics Success Criteria

Based on understanding that passing is a relationship between the passer and receiver. Throwing and catching skills develop in games from the ongoing coupling between movement and perception in a changing environment, situated in a real context.

Important aspects of this relationship give us the following success criteria:

- Signalling, watching, and timing the pass
- Selecting the type, place, and speed of the pass to use
- Creating and passing into space
- Passing to moving players and running on to the ball
- Reacting and passing in relation to what the receiver is doing
- marking opponents

Q. Is there a difference between Throwing and Passing, and Catching and Receiving?

Source: [Move Well booklet NZ.org](http://MoveWellbookletNZ.org)



Activity: Clock Dribble

Fundamental Movement Skill focus:

Striking with the hand, Side-stepping

Activity context focus (Cooperative skills):

Group work, cooperating to keep the rhythm and passing going

A. Clock Dribble FMS Success Criteria

- make effective hand contact with the ball to cause bouncing
- move feet efficiently while the ball is bouncing under control

B. Clock Dribble Tactics Success Criteria

Cooperation involves being able to set personal goals, communicate effectively, resolve conflict, and problem-solve as a group. This process takes patience and practice.

- able to work cooperatively as part of a group to move everyone's ball at the same time based on the directional pass indicated
- being attentive and looking to receive and make a pass
- take turns at calling the directional pass
- discuss and trial different strategies to solve the movement problem

Source: [Move Well booklet NZ.org](http://MoveWellbookletNZ.org)



Activity: Whano Whano

**Fundamental Movement Skill
focus:**

Jumping Leaping Landing

**Activity context focus
(Challenge skills):**

Fun Challenge to train for leg strength and
to predict an opponent's movements for
defence

A. Whano Whano FMS Success Criteria

- jump as high as possible and perform leg movements in the air to give more time to read your partner's landing position

B. Whano Whano Tactics Success Criteria

- actively engaged in and persisting with activity rules
- shows enjoyment and interest in the activity
- shows understanding of the feet and hand positions used in the activity
- collaborates in the activity creatively, and uses problem solving skills when engaging
- awareness of a sense of self, building friendships and social skills, and the importance of being more physically active

Source: [Move Well booklet NZ.org](https://www.movewellnz.org/)



Activity: Pattern Ball

**Fundamental Movement Skill
focus:**

Throwing Catching Passing
Receiving

**Activity context focus
(Target skills):**

Group work, cooperating to keep
the pattern and passing going

C. Pattern Ball FMS Success Criteria

- Signalling, watching, and timing the pass
- Selecting the type, place, and speed of the pass to use
- Creating and passing into space
- Passing to moving players and running on to the ball in the space created
- Reacting and passing in relation to what the other player is doing.

D. Pattern Ball Tactics Success Criteria

- learning the pattern of who to pass the ball to learning how to pass successfully within the pattern, including communicating and timing the pass
- contributing to the group goal of successfully passing lots of balls within the pattern
- communicating and interacting positively

Source: [Move Well booklet NZ.org](https://www.move-well.org.nz/)