# Longmeadow PE Skills Challenge

Week 2- Wall Ball

The wall ball exercise offers a huge variety of benefits by allowing you to move your body in every plane of motion — front to back, side to side, and in rotation. The wall ball exercise increases your heart rate, making it a great way to improve your cardiorespiratory fitness and burn calories too. It also helps to increase your explosive power, which is a necessary component of many athletic activities.

Plus, performing this move can fine-tune your hand-eye coordination and improve your throwing skills and accuracy.
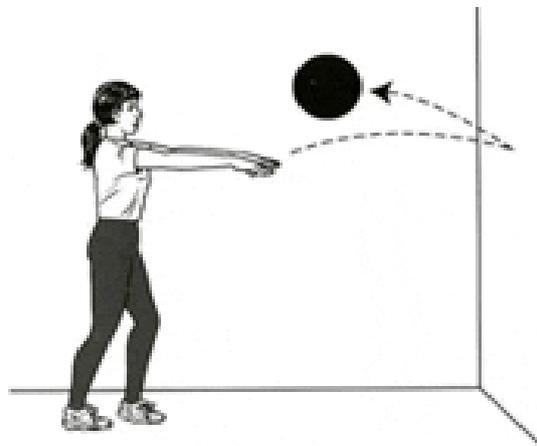
How is a typical wall ball exercise done?

- Choose the appropriately weighted wall ball, and hold it in your hands. (Tennis ball/football)
- Stand about 1 metre in front of the wall with your feet hip-width apart, toes slightly outward.
- Hold the ball at chest height. Make sure to tuck your elbows into your sides.
- Begin the downward phase of the squat while keeping the ball at chest level. Squat down until your thighs are parallel to the floor.
- Then drive your body up while tossing the ball at a vertical target about 8 to 12 feet high. Keep your arms extended. Tip: Pick a spot in this target area, and focus your eyes there the entire time.
- Catch the ball after it bounces, keep the ball at chest height, and squat down to repeat the exercise.
- Each time you complete a successful throw and catch you score a point. See how many you can achieve in 1 minute and record score. Repeat Monday till Friday and submit total score to Mr Howley at Ahowley@longmeadow.herts.sch.uk.

Variations: If you are struggling, try using a different colour balls and various sized balls. Moving closer to the wall may also improve chances of success in this challenge.

To advance this game, try marking a target on the wall using chalk or tape/blue tac A4 paper to wall. Start with a large target and reduce the size each day. The distance you throw and catch the ball could also be increased.

Good luck