



#stayhomestayactive

@PEatHome1

## EXPLORE

Catching the ball in tchoukball is really important as it stops the opposition from scoring.



For these activities you will need a ball that bounces.

### Bright ideas:

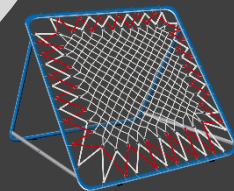
Using the activities below, practise your catching until you become more confident.

- Hold the ball in both hands and bounce it on the floor in front of you. Can you catch it about waist high?

Ask someone in your family to help you with these next challenges. Can they throw the ball for you to catch?

- Can you catch a ball thrown high?
- Can you catch a ball thrown low?
- Can you catch a ball thrown to the side?

Remember to move so that you always catch the ball in front of you.



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Where can I find out more about tchoukball?

<https://www.tchoukball.org.uk/>

<http://www.tchoukball.org/8-fitb>

<http://drumvss.ca/documents/general/Tchoukball%20Handout.pdf>

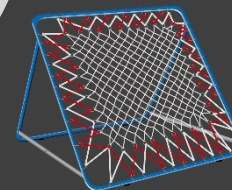
## PRACTICE



In tchoukball you often have to catch the ball really low to the ground.

Kneel on the floor with both knees and hold the ball in front of you with 2 hands.

Practise bouncing and catching the ball. How many times can you do this without dropping it? Count out loud each time you catch the ball.



### Communication and Language Challenge!

Tchoukball has rules that all involve the number three.

# 3

Play 'My Favourite three.....' game! Play this with a member of your family. Tell each other your favourite three:

- Things to do outside
- Things to eat
- Things to wear
- Things to do at school or nursery
- Things to do on a rainy day
- Things to do on a sunny day

What other 'favourite three things can you think of?'



Make sure you have enough room to safely complete the tasks.

## DEVELOP



Ask someone in your family to help you with this activity.

Kneel with both knees on the floor.

Ask your family member to throw the ball to you. Can you catch it before it bounces on the floor? Give yourself one point every time you catch the ball.

Now play the game with other people in your family.

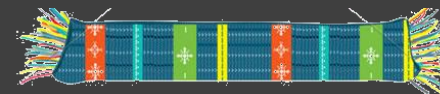
Who can score the most points?

### Mathematics Challenge!

Find three objects from the following places and put them in order from longest to shortest:

- Three items found in your kitchen
- Three items found in your bedroom
- Three items of clothing

What other objects can you find to put into order from longest to shortest?



### Parent's Tip!

Encourage your child to become confident handling and catching the ball, don't worry if they drop it a lot at first.

Encourage them to look at the ball and move to catch it in line with their body. When catching, a good starting point is to make a wide bowl shape with their hands.



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## EXPLORE

For these activities you will need a ball that bounces and a wall or hard surface you can play against.



### Bright ideas:

Tchoukball is a game which uses frames to bounce the ball off (like the one the crocodile is bouncing on below!)

- Practise throwing your ball up in the air and catching it with two hands.
- Now try throwing the ball up a little higher and catching it.
- Now position yourself ready to throw the ball against a wall. Can you get the ball to bounce off the wall and move to try and catch it?
- As you get more confident, try standing a little further back from the wall to throw and catch the ball.
- You can also try throwing the ball slightly to the left and right and practise moving as quickly as possible to try and catch the ball.



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## PRACTICE

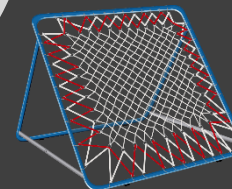
You will need a family member to help you with the next activity.

Standing side by side, throw your ball at the wall and ask your family member to try to catch it. Think about where you are throwing the ball, make sure that it is not too high or too low for them.



Now swap over, ask your family member to throw the ball against the wall whilst you try to move and catch it.

As you become more confident get your partner to throw the ball against the wall at different heights, distances and angles. Be on your toes ready and try to move as quickly as possible to catch the ball.



### PSHE Challenge!

The game of tchoukball was created by a man called Hermann Brandt. He believed that “the objective of all physical activities is not to make champions, but to make a contribution to building a harmonious society.”

Think about the people that love and care for you and what they do to help you feel cared for.

Can you think of some acts of kindness that you can do for those special people? Doing things to help means that your family will be harmonious (free from arguments.)

You could spread love and kindness by;

- Making your bed without being asked
- Asking if you can help cook for your family
- Making a thank you card for someone
- Thinking of three things you are grateful for.

## DEVELOP

In tchoukball you score a point by throwing the ball at the frame and getting it to hit the floor. If the other team catch the ball off the frame you do not score a point.



You are going to play a mini tchoukball game against your family member.

Take it in turns to throw the ball at the wall, if the ball hits the floor you score a point, if the ball is caught, no point is scored.

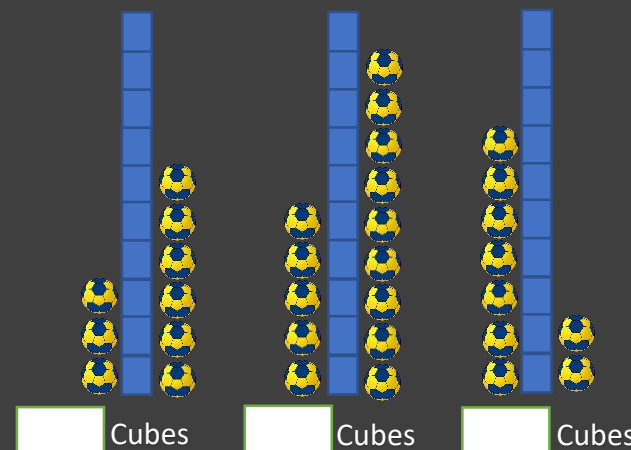
Every time you have had three goes each, move a little bit further away from the wall to make the game more challenging.

For more challenge, the catcher could start sitting down on the floor!

What could you do to make it even harder for your family member?

### Mathematics Challenge! What's the difference?

The difference is...



### Parent's Tip!

When your child is catching the ball make sure they use two hands and create a nice soft base to cushion the ball as they bring it in to their body.

The key to tchoukball is anticipating the angle that the ball is going to bounce off at. Get your child to watch the feed carefully and try to move in the direction they think it is going to go.



Make sure you have enough room to safely complete the tasks

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## EXPLORE

In tchoukball there are three 'golden rules!'

- \* Only three seconds allowed when holding the ball.
- \* Only three passes allowed before shooting.
- \* Only three steps allowed when in possession of the ball.



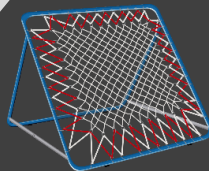
### Bright Ideas

## Three Steps!

You will need a ball, or something soft that you can throw such as rolled up socks or a small soft toy!

- Explore moving in different ways with the ball and then passing it or throwing it into a space. Try walking, jogging or running.
- Now try this again, but this time you have to throw the ball after three steps.
- Can you do this moving forwards, sideways or even backwards?

Ask someone in your family to help you. Try all of these activities again but this time can you throw the ball to them after taking three steps?



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## PRACTICE

### Three Seconds!

You will need someone in your family to help you with this activity. You will need your ball, rolled up socks or soft toy again.

Find a safe space to move about in and pass the ball between you. Count out loud how long you are in possession of the ball before making the next pass. Make sure it is not longer than three seconds!



(Try saying the word elephant to help – it takes 1 second to say the word elephant!)

Try moving forwards, backwards and sideways and travelling about in the space when you pass the ball.

### English Challenge!

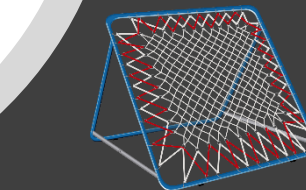
The 'D' shape on the tchoukball court is called 'The Forbidden Zone'

You are going to write a story called 'The Forbidden Zone'

What might be in this zone?  
Why is it forbidden to go in there?  
What adventures might be had in 'The Forbidden Zone' in your story?

Set the scene for your story.  
Create the characters.  
Decide on the plot.

Write your story out and share it with someone in your family or with a friend.



### Maths Challenge!

In tchoukball it is important to be able to rebound the ball off the frame at different angles.

Look at these 3 types of angles:



Right Angle    Acute Angle    Obtuse Angle

Look for examples of these different angles around your home. How many can you find?



## DEVELOP

### Three Steps! Three Passes! Three Seconds!

You are going to try and put all three 'golden rules' together in a game now.



Ask someone in your family to help you with this activity.

Play a simple game together where you try to keep possession of the ball without dropping it. A dropped ball in tchoukball is a fault and gives possession to the other team.

In the game you must follow the three 'golden rules' of three steps, three passes, and three seconds!

Put a target at either end of your playing space. Once you have made three passes, whoever has the ball must aim and shoot at the target.



### Parent's Tip!

Encourage your child to develop their confidence in handling the ball whilst moving.

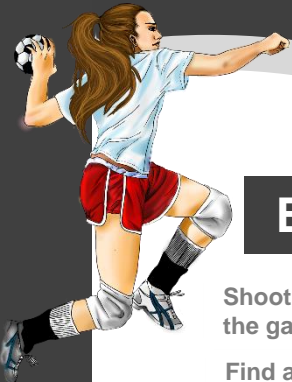
Allow your child to spend longer than three seconds in possession of the ball and take more than three steps initially if they find this difficult.



Make sure you have enough room to complete the tasks.

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## EXPLORE

Shooting is an essential skill in the game of tchoukball.

Find a ball that bounces.



Stand opposite a wall. How many different ways can you throw the ball against the wall? Can you get the ball to rebound to you so you don't have to move?

### Bright ideas:

- Try throwing the ball with your right hand.
- Try throwing the ball with your left hand.
- Try an overhead throw.
- Try throwing the ball underarm.
- Try throwing the ball with two hands.
- Try a sideways throw.

Which throw gives you the most accuracy? Which throw gives you the most power?

Now move further away from the wall. Before you throw the ball this time, take three steps before you release the ball.



Try jumping as you throw the ball at the wall – can you hit the same point on the wall with all your shots? Jumping gives you more power behind your shot!

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## PRACTICE

For this challenge, you will need a family member to help you.



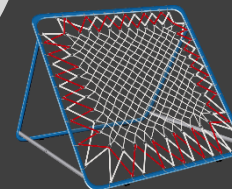
Stand opposite a wall. Get your family member to throw the ball against the wall. Can you catch the ball before it hits the floor? This time, when you throw the ball against the wall, get your partner to catch it.

Repeat this sequence and see how many catches you can achieve in 30 seconds.

In tchoukball, you are allowed three steps with the ball. Stand a little further away from the wall. This time take three steps before you throw the ball.

How many times can you catch the ball whilst taking three steps?

What happens to the power of your shot when you take three steps?



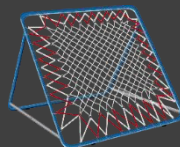
## Geography Challenge!



In 1980, the first women's tchoukball world championships took place. In the same year, Mount St. Helens erupted after 123 years of being dormant.

Can you draw a diagram of a volcano and label the following parts; MAGMA CHAMBER, CRATER, LAVA, VENT, VOLCANIC BOMBS, GAS, STEAM AND ASH?

- Can you describe what these features are on your diagram?
- Can you describe the difference between a composite and a shield volcano?



## History Challenge



China has won more world championship gold medals in tchoukball than any other nation.

China is famous for its Great Wall, Terracotta Warriors and local cuisine.

- In 1950, the leader of the communist party, Mao Zedong took power in China.
- What reforms did Mao implement during his time in power?
- How did China change during Mao's time in power?
- What changes were the most significant for Chinese society? Why do you think this?
- Can you explain the developments which have now taken place in modern day China?



Make sure you have enough room to complete the tasks.

## DEVELOP



For this exercise you will need two boxes. Place them at either side of you – you choose how far away.

To score a point in tchoukball, you need to shoot at the frame and get the ball to bounce off the floor before your opponents can catch it.

Use the shooting technique that you practised in the previous task. This time, can you throw the ball at an angle so that it lands in one of the boxes? How might this technique help your team to win a game of tchoukball? For more of a challenge, try jumping into your shots.

Challenge a family member to a competition! Take five shots - who can get the most shots into the boxes?



The Tchoukball Charter is a document that outlines the spirit in which the game should be played.

What is meant by the term 'spirit of the game'? Why is this philosophy important in sport?

Have a look at these shots to see how points are scored at the highest level!

<https://www.youtube.com/watch?v=UT64q4WaxqI>



## Parent's Tip!

Start close to the wall when practising these techniques for the first time. Move further away for a challenge! Try using three steps or jumping into your shot to generate more power. Use different angles when you are shooting.

KS3



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## EXPLORE

The ability to pick up a rebound is important in the game of tchoukball to prevent the other team scoring any points.

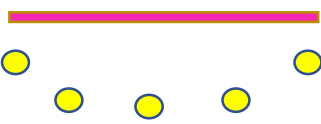


For this practice, you will need a ball that bounces and a family member to help you. Ask them to stand a safe distance away from you and get them to bounce the ball off the floor up into the air. Can you catch the ball before it hits the ground?

Bright ideas:

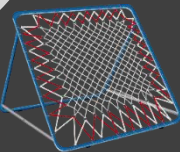
- Can you catch the ball in two hands?
- Can you catch the ball in one hand?
- Can you catch the ball with your non-dominant hand?
- Can you start further away from your family member each time they bounce the ball?
- Can you start from different angles to the ball?

This time put five markers down opposite a wall. Get your family member to bounce the ball off a wall so that it lands outside of the markers.



Can you catch the ball before it hits the floor?

Ask your family member to throw the ball at different angles and with differing amounts of power for a real challenge!



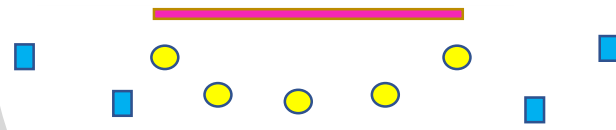
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## PRACTICE

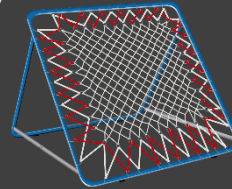
For this challenge, you will need a family member to throw the ball against the wall for you.

Place 4 markers on the floor (blue); two close to the wall and two further away. Take it in turns to start at each of the markers.



Ask your family member to throw the ball against the wall at different heights. Can you sprint from your marker and catch the ball before it lands? How many catches can you achieve in 30 seconds?

Tip – try moving the markers further away for more of a challenge!



## Food Technology Challenge



Swiss scientist Dr. Hermann Brandt first invented tchoukball to reduce the number of injuries that players incurred whilst they took part in sport.

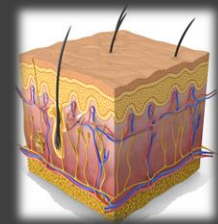
Henri Nestlé was a Swiss confectioner and founded one of the world's biggest food and beverage companies.

Food labelling is tightly controlled by legislation.

- What mandatory information is required on food labelling?
- What voluntary information can be included on food packaging?
- What is the aim of the Fairtrade Foundation?
- How does the Soil Association help to maintain high standards of food production?

## Biology Challenge

Dr. Brandt specialised in the science of Biology.



Our bodies have mechanisms to maintain a constant state and to allow them to work properly – this is called homeostasis.

- What role do receptors and effectors play in homeostasis?
- How does the skin allow us to stay cool in high temperatures?
- How does the skin keep us warm in cold conditions?
- Define the terms *vasoconstriction* and *vasodilation*.
- What is *vascular shunt* and what part does it play in temperature regulation?



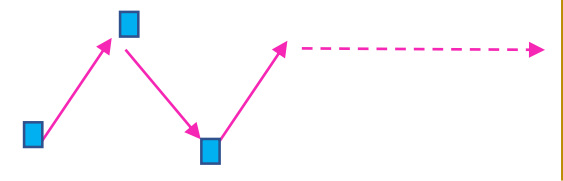
## Parent's Tip!

When rebounding the ball, throw the ball lightly to begin with to give yourself time to catch it. For more of a challenge, add more power or throw the ball at different angles. Add different skills into your practices such as moving or passing the ball.

## DEVELOP

Players in tchoukball can make three passes before they have to shoot.

Start opposite your family member with the ball. Pass the ball in a zig zag until you reach three passes. Whoever has the ball after three passes must shoot against the wall. The opposite person must try and catch the ball before it hits the floor.



A point is scored when a player throws the ball and it hits the floor without their opponent being able to catch it. Who can keep their score on zero the longest?



Bury Kings are currently top of the UK tchoukball league. Can you find out which other teams play in this league?

When you have found out where these teams are based, can you find them on a map of the United Kingdom?



Make sure you have enough room to complete the tasks.

KS4