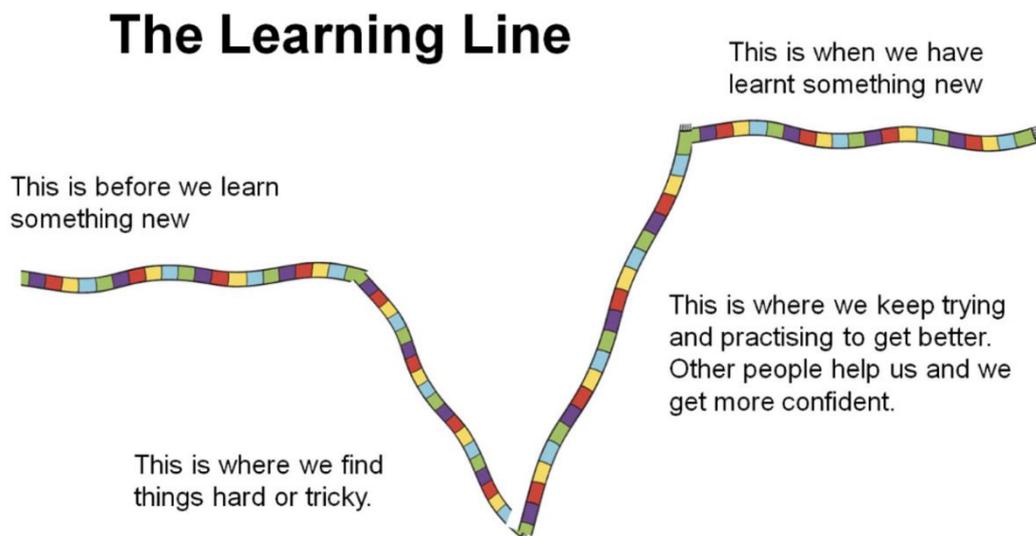


Think about the following:

- What sort of things can you do now that you couldn't when you were a baby?
- Was it always easy to learn to do those things?
- Which of the things that you can do now which you couldn't when you were younger were the hardest to learn?
- What did you have to do in order to make it easier? Maybe you kept practicing, didn't give up, learnt from the mistakes or even had help from other people.
- What encouraging phrases can you think of to help someone who is learning to do something new?

Have a look at the learning line to remind you of the steps you go through when you are learning something new.



Throw a ball back and forth with another person. As the activity goes on, increase the level of difficulty (one bounce before catching, throwing it over a net or obstacle, putting one hand behind the back etc).

When you have finished, discuss the learning process:

- Did you always catch the ball or did you sometimes drop it?
- Why don't you always catch it? (Your brain and body is still learning how to do this)
- What are the things that make it difficult? (Not having done it this way before, the speed of the ball, having one hand behind the back etc)
- What encouraging phrases can you think of to help improve your performance? (It's good to make mistakes - that's how we learn!)

Now can you throw and catch the ball ten times without dropping it? Persevere until you've achieved your target. What words could you use to praise your achievement? (Well done, excellent, you're a star)

How did it feel to achieve the target? What words can describe your feelings? (Proud, success, overjoyed, excited etc)

Look at the Learning Line again; Think about the different parts of the throwing activity in terms of the Learning Line.

1. This is the starting point before the activity
2. This is where you found things difficult - dropping the ball, making mistakes, feeling frustrated etc.
3. This is where you practised and got better.
4. This is when you achieved your target and felt proud of your achievement

Choose something you are working on in class and ask:

- Where do you think you are on the Learning Line at the moment?
- Are you finding it hard and challenging at times?
- Does that mean it will always feel like that?
- Where do you think you could be on the Learning Line in a week's time? (goal-setting)
- What can you do to help achieve the goal that you've set?