

RACKET & BALL

Space Explorer

Pupils in pairs, standing behind throw down lines facing each other. Pupil 1 starts with the ball and rolls the ball across the floor to Pupil 2. Pupil 2 uses either hand to stop the ball and then push it back using the palm of their hand. Pupil 1 then stops the ball and pushes it back. Continue.

Teaching Points

- Control when stopping / splatting the ball
- Stop the ball in front of shoes
- Push the ball with the palm of racket hand
- Step forward with opposite shoe to racket hand
- Bottom edge of their racket hand drawing a line on the floor.

Skill UP

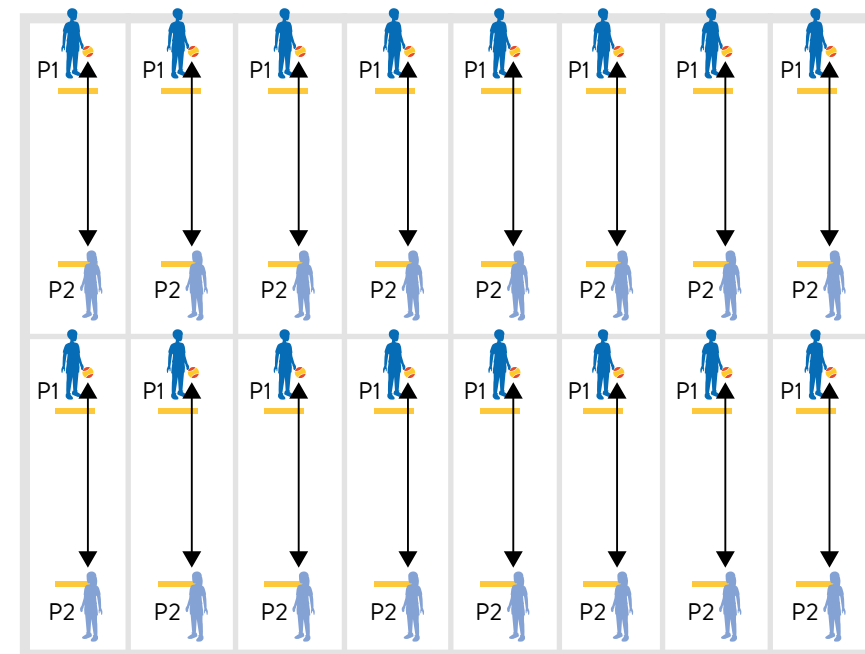
Repeat exercise with Pupil 1 using a racket.

Repeat exercise, with both pupils using rackets.




Introducing racket hands
to roll and receive a ball

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Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines

Activity set up:

