

BODY & BALL

Play & Call

The space is divided into mini courts, using throw down lines / barrier tape or cones as a net. Pupils work in 4's (2 pairs).

2 pupils on the court play hand tennis, Pupil 1 starts by throwing the ball overarm over the net, Pupil 2 moves to catch the ball after it bounces and from that position, throws it back over the net. Continue the rally.

Pupil 3 and 4 (other pair) are the umpires and call when the ball is OUT or STOP if the ball bounces twice or more or goes under the net. Pupil 3 and 4 can be positioned on either side of the net – opposite or side by side.

When OUT or STOP is called the rally stops.

After every point the pupils switch roles.

Teaching Points:

- To serve, stand side behind the baseline and use an overarm throw
- All other shots, throw underarm from where the ball is caught
- The rally stops if the ball lands outside of the court on the first bounce, doesn't go over the net, or it bounces more than once.

Skill UP

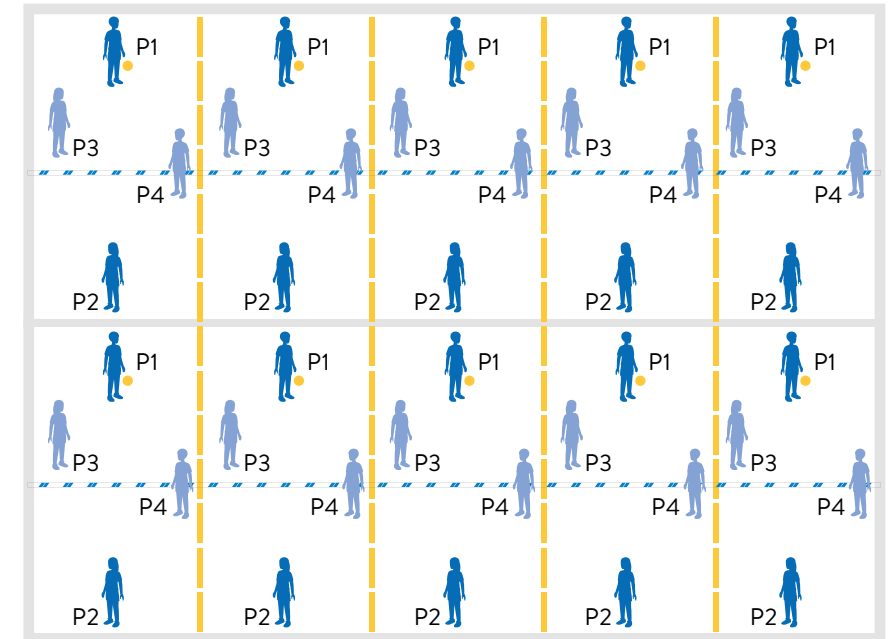
As above, but Pupils 3 and 4 (umpires) count the number of throws in the rally. Pairs aim to improve their total each time they are on the court.

- Switch roles after each point
- Teachers can set an initial target.




Throw rally games, scoring points

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Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines
-  Barrier tape (net)

Activity set up:

