

BODY & BALL

Toss and Cross

Hoops are placed around the hall (1 per pupil). Each pupil starts at a hoop and places their shoes outside. They place their 'non preferred hand' over the centre of the hoop. They then throw the beanbag vertically upwards and let it drop into the hoop.

- The preferred racket-hand now has to be placed behind their backs
- Once they achieve the above, the pupils catch the bean bag above their head with their other (racket) hand.

Teaching Points:

- Shoes must be on the outside of the hoop
- Wrist is over the centre of the hoop before tossing the beanbag up
- Palm of hand facing upwards
- Toss the bean bag above head height
- Straight arm when catching the ball above their heads
- Follow through action to aim the bean bag down.

Skill UP

In pairs, a distance apart, with a hoop between them.

Pupil 1 throws the bean bag up and 'serves' it forward aiming to land the bean bag in the hoop.

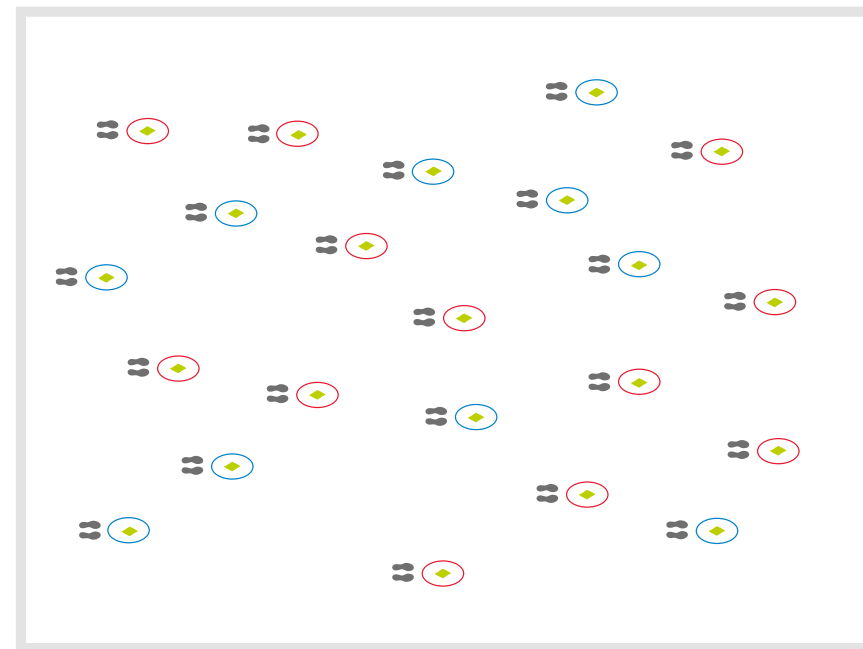
Pupil 2 collects the bean bag and does their serve.

Repeat.

Developing an overarm serving action

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Example of whole class activity set up:



Equipment:



Beanbags



Hoops

Detail



Feet outside,
hand over
centre of hoop,
beanbag in hand

Skill UP

