

BODY & BALL

Hand Tennis

Set up mini courts with a net (throw down lines / cones to mark the side lines and baseline).

Working in 4s as 2 pairs. One pair will be on court whilst the second pair are umpires and call IN or OUT (umpires and line judges).

Pupils start the point with an overarm throw (serve) and continue the rally with underarm throws. They can catch the ball before (volley) or after (groundstroke) it bounces.

Pair 2 observes and call IN or OUT and count the number of shots in the rally.

Pair 1 have two rallies (one serve each), then swap with pair 2.

Teaching Points:

- Stand side on when throwing the ball
- Serve from behind the baseline
- Adapt to the ball, then recover into the ready position
- Move your opponent by throwing into space.

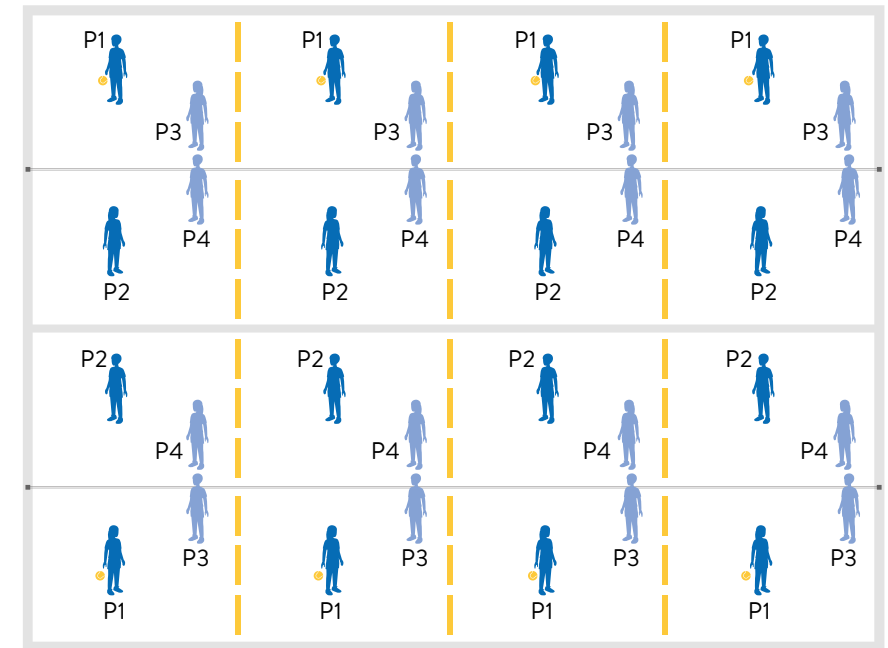
Skill UP

Pairs play best of 3 points, trying to beat their opponent. A point is won if the opponent doesn't throw the ball over the net, they throw the ball out, or they let the ball bounce more than once. After 3 points, pair 1 shake hands and switch with pair 2.




Throw and catch game on a court

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Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines
-  Net

Activity set up:

