

BODY & BALL

Drop Catch

Working individually, pupils have a ball each and stand behind a spot. Pupils hold the ball in two racket hands above the spot, drop the ball onto the spot and catch with two racket hands. Repeat.

Pupils hold the ball in 2 racket hands and gently throw upwards and let the ball bounce on the spot and catch in 2 racket hands after each bounce. Instruct the children to keep the ball under control and below head height.

Teaching Points:

- Shoes either side of the spot
- Knees slightly bent
- Racket hands out in front of the body above shoes
- Pupils cup their hands together to catch the ball.

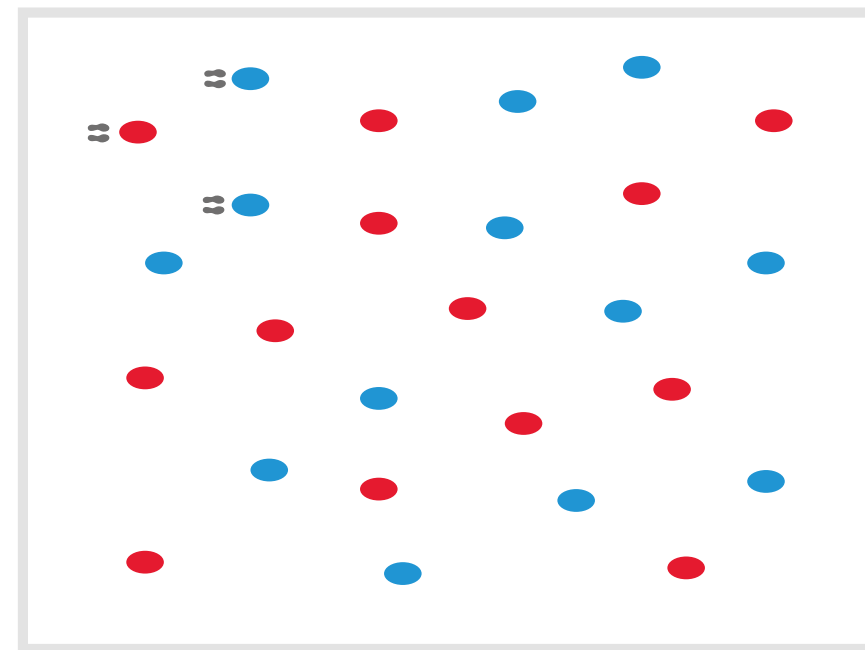
Skill UP

Pupils throw the ball up, touch a body part, and allow the ball to bounce before catching (Up, Touch, Bounce, Catch sequence) e.g. touch shoulders / knees / toes or clap before catching.

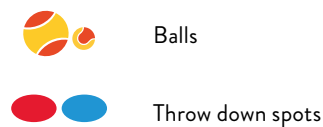
Developing confidence in throwing and catching a ball

02

Example of whole class activity set up:



Equipment:



Activity set up:

