

RACKET & BALL

Over & In

In pairs, over a net / bench / line / barrier tape and with a zone which identifies IN & OUT.

Pupil 1 throws the ball underarm (serve) to pupil 2 who taps it over the net with the racket / racket hand.

Pupil 1 catches the ball after it bounces. Together they score a point if they can keep the ball in the court.

Repeat 5 times then switch roles.

Teaching Points:

- Adapt to the ball
- Contact the ball out to the side and in front of the shoes
- Catch the ball in front of the shoes
- Calling in or out each time.

Skill UP

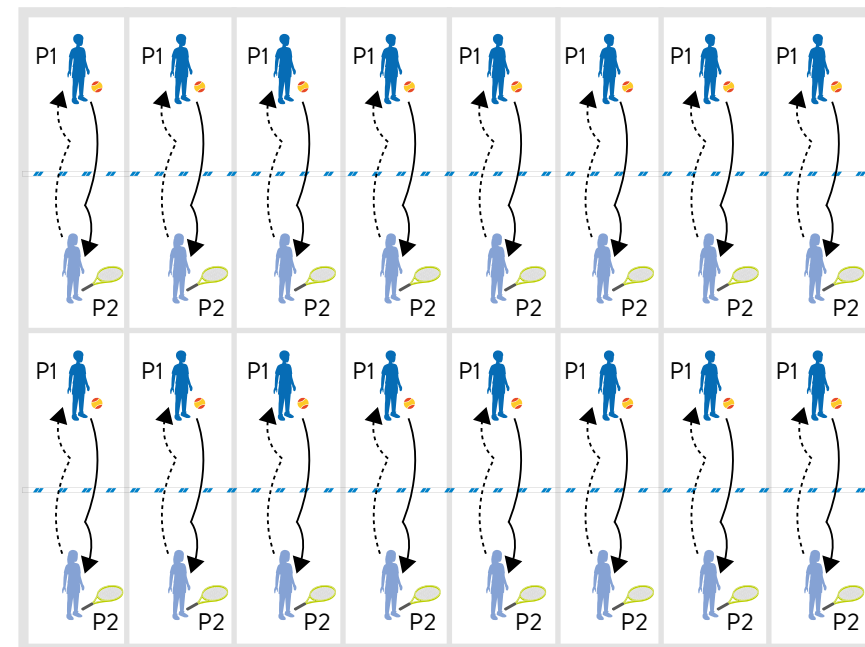
Identify with pupils the court area and what is in and out.

As above Pupil 1 throws the ball for Pupil 2 to hit. Pupils call each time whether the ball is in or out. Pupil 1 throws from where they catch it as long as it is IN. If OUT they stop and go back into the court to start again. Repeat 5 times then switch roles. Call each set of 5 throws a GAME.





Introducing rallying with rackets

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Example of whole class activity set up:



Equipment:

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

Activity set up:

