

SKILL APPLICATION

4's a Treat

Pupils work in 4's, Pupil 1 and 3 on one side of a barrier tape net and Pupil 2 and 4 opposite (with rackets) and two different coloured spots are placed on the floor in right / left positions.

Pupil 1 stands sideways on to a throw down line, with a ball. They throw the ball overarm aiming for a spot on the right or left over the line.

Pupil 2, using a racket stops the ball and then floor rolls the ball back across the floor using forehand / backhand actions for Pupil 3 to stop the ball, pick it up and serve to Pupil 4.

Pupil 4 has swapped places with Pupil 2.

5 goes each and rotate positions.

Teaching Points:

Throwers:

- Stand side on to throw.

Hitters:

- Start in ready position
- Eyes tracking the ball
- Contact in front of shoes.

Skill UP

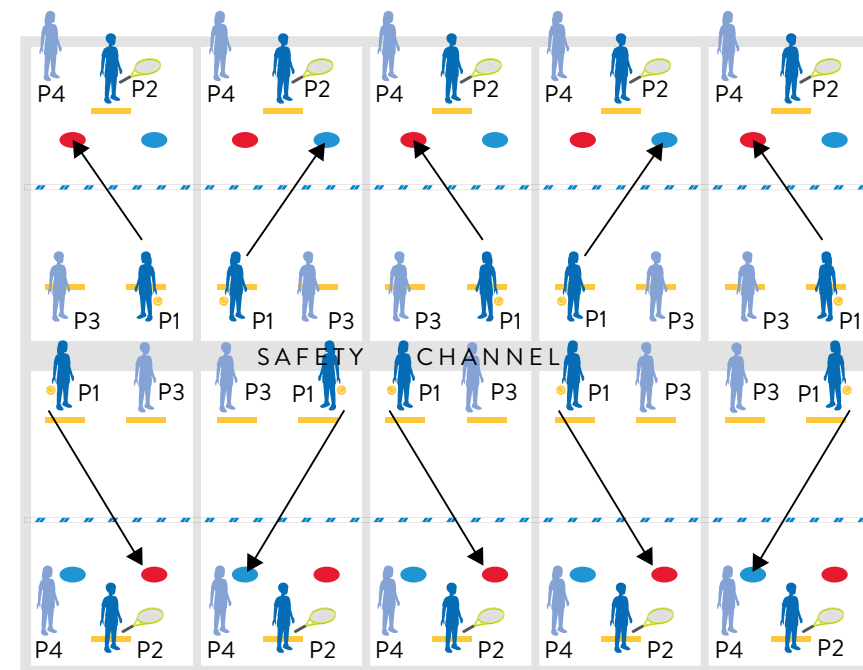
Pupil 1 throws over the net. Pupil 2 tries to catch the ball on the strings and then self feeds a tap / hit back over, using forehand / back hand actions if possible. Pupil 3 catches the ball after 1 bounce and serves to Pupil 4 who taps back.

5 goes each and rotate positions.

Throw serve game with forehand and backhand returns

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Example of whole class activity set up:



Equipment:

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

Activity set up:

