

RACKET & BALL AND SKILL APPLICATION

Skill Stations

The space is divided into 6 stations. Pupils work in pairs. There will be a couple of pairs at each station.

2 minutes at each station, giving 1 minute to be Pupil 1 and then swap roles and do again as Pupil 2. How many can they do at each station? Explaining that they will be more successful if they perform the actions accurately.

Station 1 – Net and bean bag

Pupil 1 and Pupil 2 either side of a net with 1 bean bag between them. Throw and catch over the net using right and left hands. Count the number of passes.

Station 2 – Net, large ball, 2 cones

Pupil 1 has a ball and Pupil 2 has 2 cones. Pupil 1 throws the ball underarm to Pupil 2 who catches between the 2 cones. Pupil 2 then throws the ball back starting with cones above the head and using both hands. Count the number of catches.

Station 3 – 1 hoop and a small ball

Pupil 1 and Pupil 2 facing each other in the ready position with a hoop between them. They throw overarm aiming the ball to bounce in the hoop, and their partner catches. Partner throws the ball back in the V shape using either hand. Score each time the ball bounces in the hoop.

Station 4 – racket and bean bag

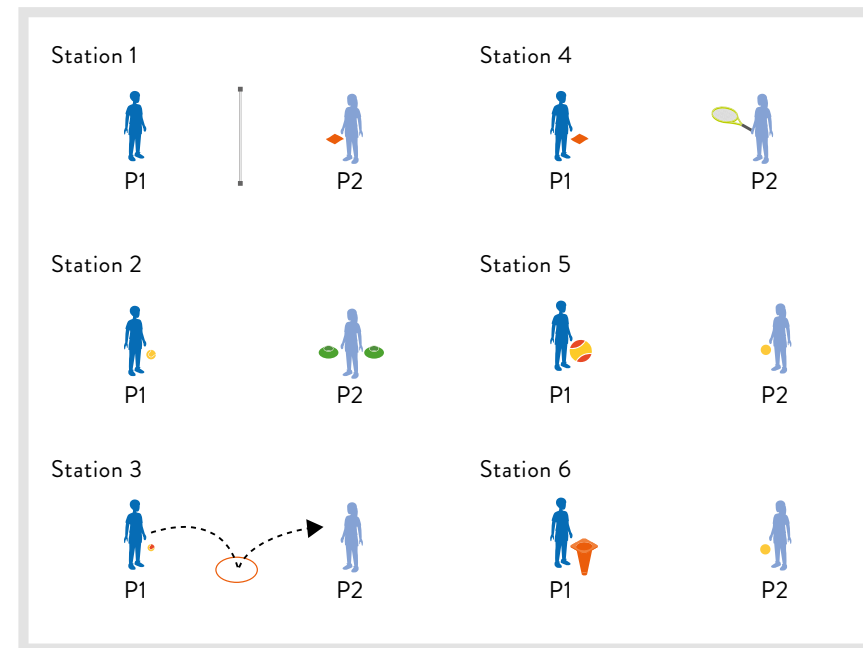
Pupil 1 has a bean bag and Pupil 2 faces them standing approx. 3 big steps away, with a racket. Pupil 1 throws the bean bag for Pupil 2 to catch on racket strings. Pupil 2 pushes the bean bag up for Pupil 1 to catch. Pupil 2 can hold the racket in their right / left or both hands. Score each time they catch the beanbag on the racket strings.

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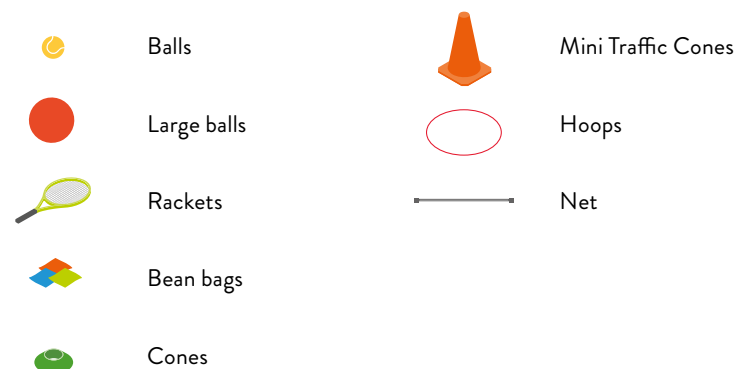
Applying racket and ball skills in a series of skill stations



Example of whole class activity set up:



Equipment:



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Skill Stations (continued)

Station 5 – 2 different size balls

Pupil 1 holds a large ball with 2 hands in front of them. Pupil 2 has a sponge ball. Pupil 2 gently throws the ball underarm towards Pupil 1 who moves towards the throw and bumps the ball using their ball, back to Pupil 2 who catches it. Score each time the ball is caught.

Station 6 – traffic cone and ball

Pupil 1 holds a mini traffic cone upturned. Pupil 2 has a sponge ball. Pupil 2 throws the sponge ball overarm towards Pupil 1 who lets the ball bounce and then catches it the cone. Pupil 2 underarm throws the ball back to Pupil 1. Score each time the ball is caught in the cone.

Teaching Points

- Start in the ready position
- Eyes watching the ball
- Adapt to the ball
- Use both hands to improve co-ordination
- Contact the ball in front of the shoes
- Work co-operatively.

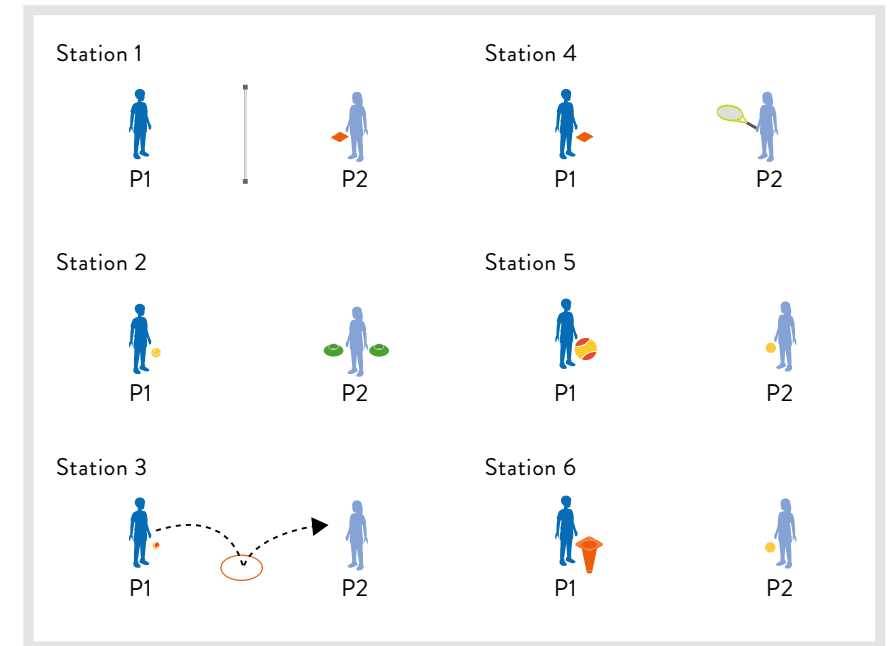
Skill UP

Pupils keep score, adding all their scores for each station together. Then repeat the circuit and aim to improve their score.

Applying racket and ball skills in a series of skill stations



Example of whole class activity set up:



1		1	
	2		2
3		3	
	4		4
5	6	5	6

Stations set up on 2 sides of a space