

WARM UP

Relay Races

Pupils work in teams.

Pupils have a racket each and 1 ball per team. They are lined up one behind the other on one side of the space, a cone is placed a short distance in front of their team.

On 'Go' the first pupil in the team balances the ball on their racket strings and walks around the cone and back, they transfer the ball, without using their hands, to the next pupil in their team who then goes.

Every pupil in the team to go twice.

Repeat, but the pupils have to roll the ball along the floor using the racket head (similar to hockey). Every pupil in the team to go twice.

Repeat with both actions together in a race: there and back balancing the ball, there and back rolling the ball, then sit down.

Teaching Points:

- Eyes watching the ball
- Hold the racket horizontal to balance the ball
- When rolling the ball, keep the racket to the side of body and in front of shoes
- Work co-operatively with good communication.

Skill UP

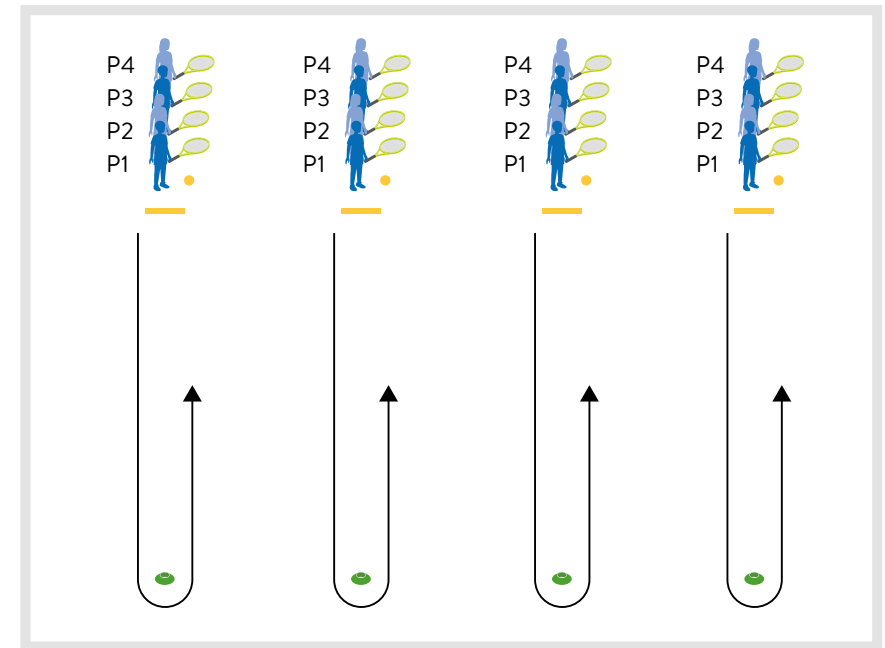
On 'Go' the pupil 1 places the ball on their racket and runs around the cone and back. Pupil 2 then places their racket on top of the ball which is balanced on Pupil 1's racket creating a ball sandwich; Pupil 2's ball is now placed on the top and together Pupil 1 and Pupil 2 travel around the cone and back. Repeat adding in Pupil 3 and Pupil 4, creating a multi ball sandwich.

First team back wins.





Practicing racket and ball skills



Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines
-  Cones

Activity set up:

