

WARM UP

Meet Up

Pupils spread out around the space with a racket and a sponge ball. Place the racket on the floor. On 'go', the pupils bounce their ball twice on a racket strings and then move to find another racket repeat the ball bounce, moving to a different racket each time.

The teacher calls the direction and speed of movement e.g. sideways, hopping, jumping narrow to wide shoes, quickly, slowly etc.

Teaching Points:

- In ready position when bouncing the ball
- Hands above the middle of the racket strings
- Eyes watching the ball.

Skill UP

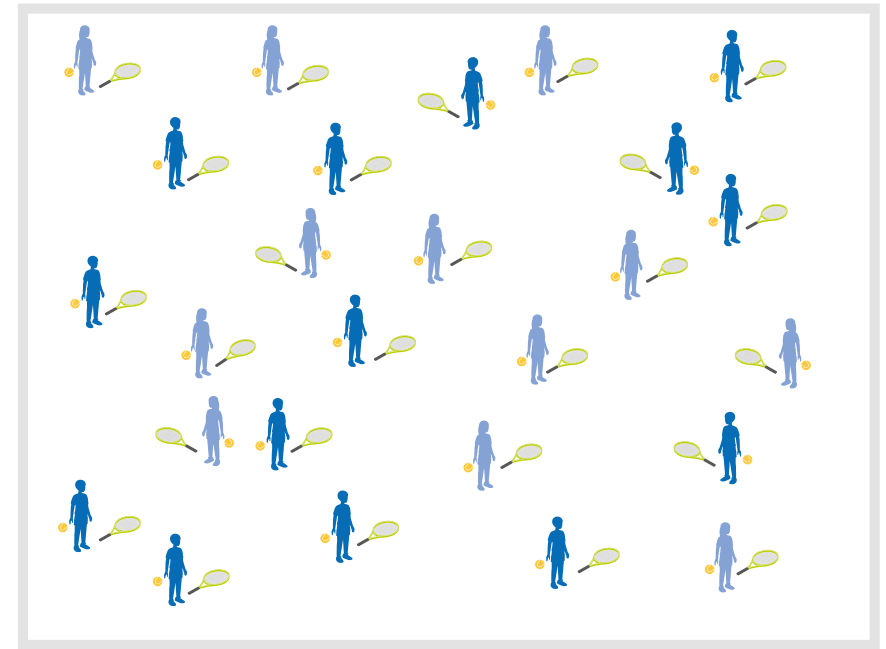
Against the clock, how many bounces, can they do bouncing the ball twice at each racket in 30 secs / 60 secs.

Repeat, and see if the pupils can beat their personal best.

Applying movement skills with ball bouncing

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Example of whole class activity set up:



Equipment:



Balls

Rackets

Activity set up:

