

BODY & BALL

Net Cross

Pupils work in 4's across a net.

Pupils underarm throw the ball to each other, no bounce (volley), staying close to the net.

Pupil 1 diagonally over the net to Pupil 2, Pupil 2 over the net, straight to Pupil 3, Pupil 3 diagonally to Pupil 4, Pupil 4 straight back to Pupil 1.

Repeat the sequence using different hands for throwing.

- Throw with right
- Throw with left
- Repeat sequence.

Teaching Points:

- Eyes focused on the ball
- Ready position
- Hands out in front
- Work cooperatively and release the ball at the same time.

Skill UP

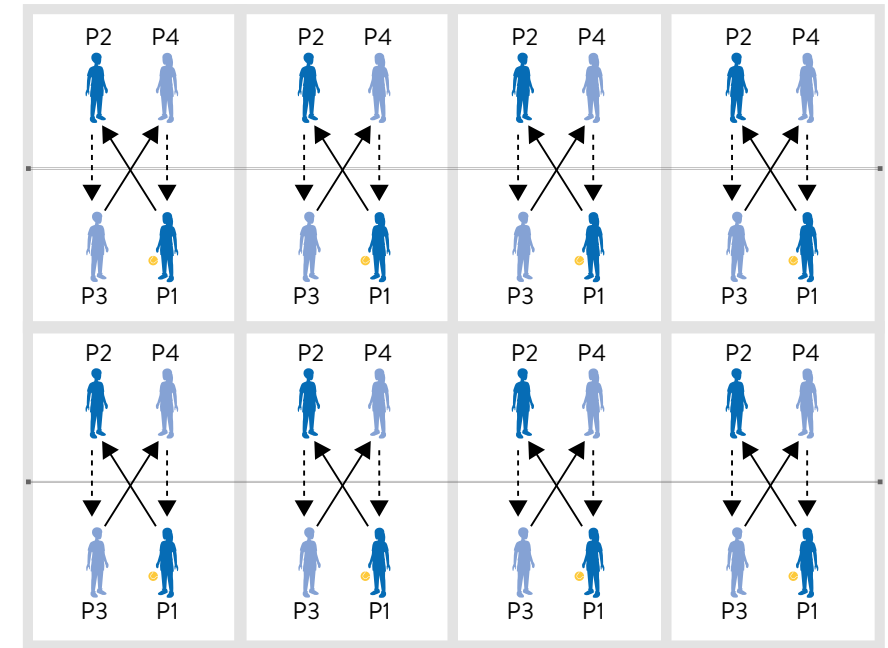
Pupils take a step backwards.

Introduce a 2nd, 3rd or 4th ball.



Throwing and catching to developing a volley action

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Example of whole class activity set up:



Equipment:

-  Balls
-  Net

Activity set up:

