

# WARM UP

## Patter Cake

In pairs, pupils facing each other either side of a net or throw down line. Pupils work together to complete a sequence.

1. Pupil 1 right (red) hand to Pupil 2 left (blue) hand (straight)
2. Pupil 1 left (blue) hand to Pupil 2 right (red) hand (straight)
3. Diagonally – right (red) to right (red)
4. Diagonally – left (blue) to left (blue)
5. Double high five – both hands.

Sequence: Straight, straight, diagonal, diagonal, both. Repeat.

Perform by introducing a new action but each time starting again from number 1, i.e. first time is just action 1. Then 1 and 2. Then 1, 2 and 3 etc. until all 5 actions are included.

### Teaching Points:

- Working co-operatively and in a rhythm
- Soft hands
- Watching your partners racket hands.

### Skill UP

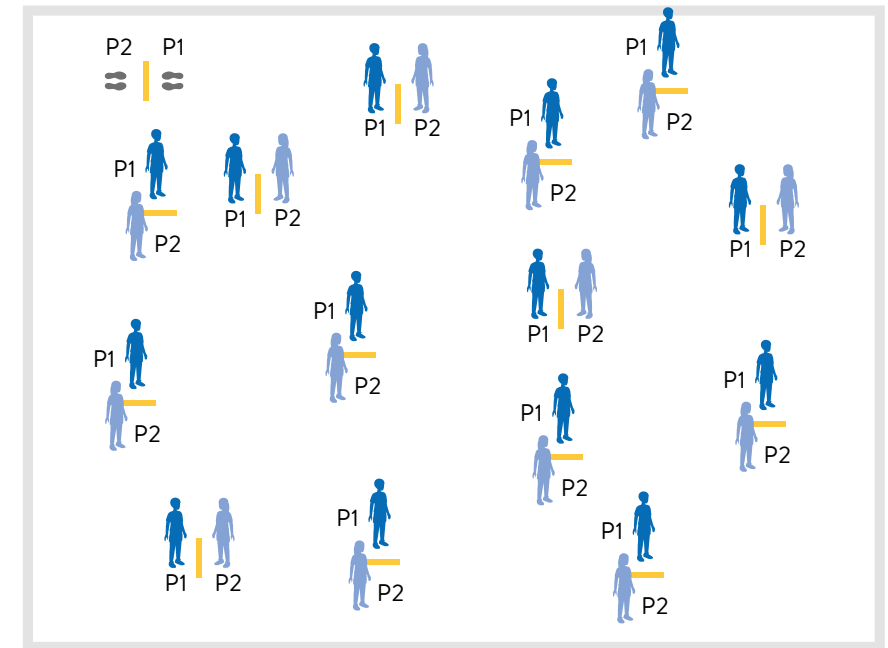
In pairs, pupils make up their own hand pattern sequence.

Ask a pair to demonstrate their sequence.

## Developing hand patterns and sequencing

# 04

### Example of whole class activity set up:



### Equipment:

— Throw down lines

### Activity set up:

