

SKILL APPLICATION

Team Up & In

Pupils work in 4s, Pupil 1 and 2 standing behind a throw down. Pupils 3 and 4 opposite behind their throw down line. A spot is placed halfway between the pupils. Pupils use racket hands or rackets as appropriate.

Pupil 1 moves forward and taps or underarm throws the ball up aiming to land it on the spot. Pupil 3 moves forward, lets the ball bounce on the spot, catches it and taps it up for Pupil 2 who comes forward, catches and taps the ball, Pupil 4 then catches, and the sequence continues. Each time the pupils aim to land the ball on the spot, and after their turn recover back to their start line.

Teaching Points:

- Start in ready position
- Palm / racket strings facing upwards
- Low to high upward action for throw / tap
- Eyes track the ball.

Skill UP

As a team, how many can you tap up without a mistake?

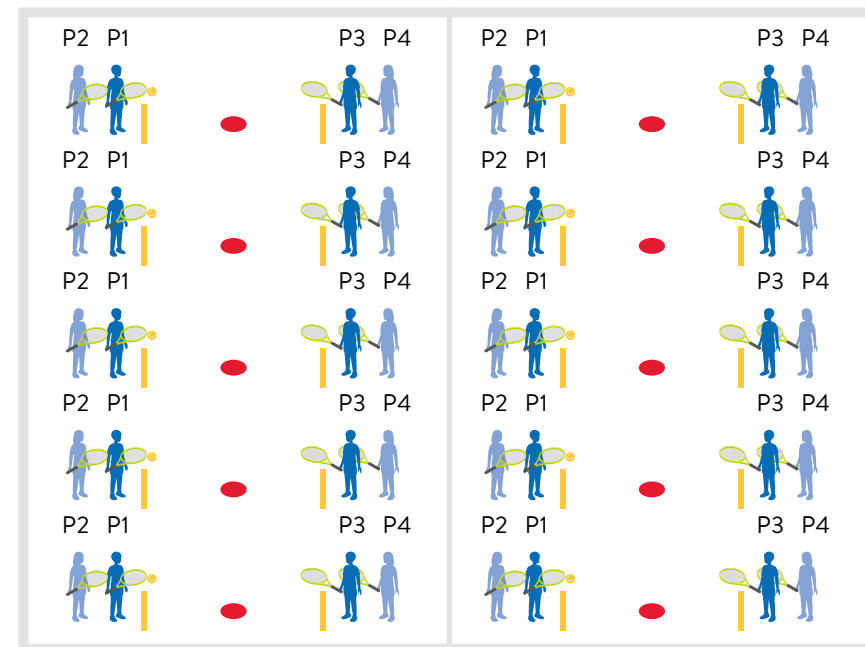
Team challenge – can you beat your score?

Which team can score the most points?





Upward tapping action team challenges

05

Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines
-  Throw down spots

Activity set up:

