

BODY & BALL

Shadows

Pupils in pairs, standing opposite each other with a line between them (2 throw down lines). Both have a ball. Pupil 1 can move along the line and can roll (between hands) / bounce / catch the ball in any way they wish using both their right and left hands.

Pupil 2 has to mirror the movement.

Switch over and repeat.

Teaching Points:

- Shoes either side of the line
- Knees bent, like the ready position
- Keep watching your partner, head up
- Keep the ball under control.

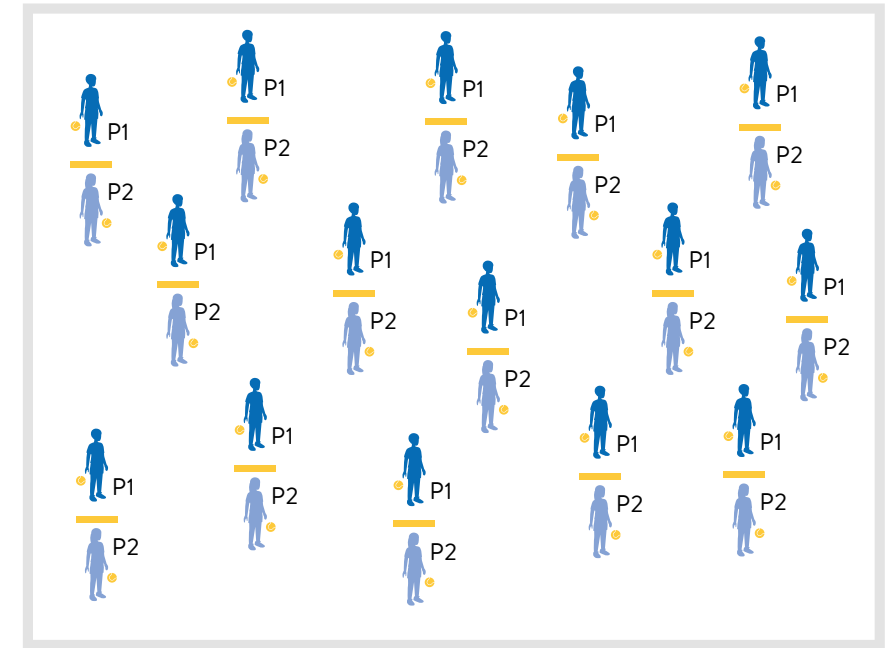
Skill UP

The pupils now have rackets and roll, bounce down or tap up. Partner mirrors actions. Switch over and repeat.




Develop hand and shoe movement whilst tracking a ball

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Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines

Activity set up:

