

RACKET & BALL

Balloon Hoop

In pairs, facing each other with a barrier tape net between them. Pupil 1 is the sender and starts with the balloon and has a hoop placed on the floor in front of them. Pupil 2 is the volleyer, with a racket / hit mitt and is standing close to the net.

Pupil 1 throws the balloon up to head height for Pupil 2, who taps the balloon downwards with their right (red) hand. Repeat 5 times then swap positions and roles.

Pupils then repeat the exercise using their left (blue) hand.

Teaching Points:

- Fingertips pointing upwards
- Adapt to the balloon
- Short push action downwards (not full arm swing).

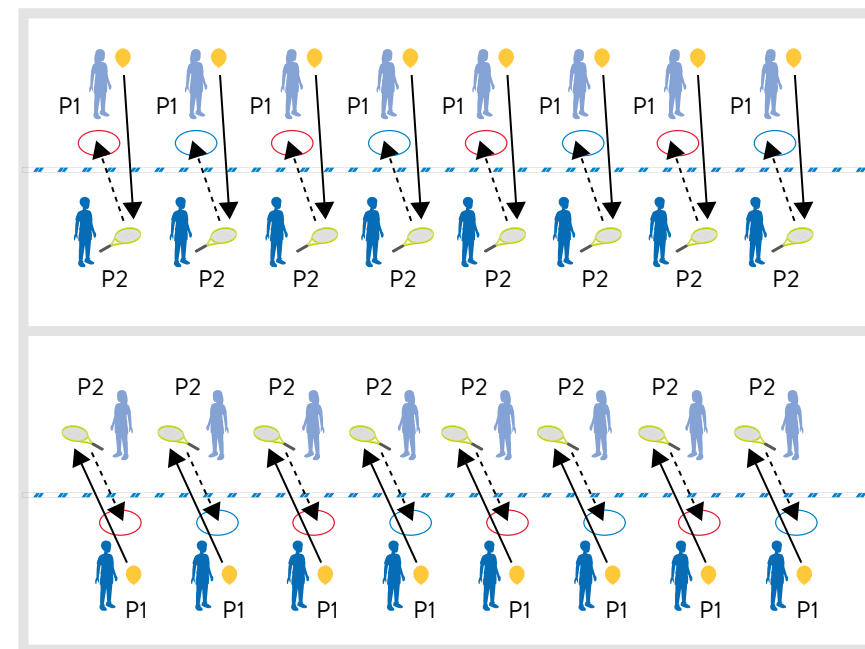
Skill UP

Swap the balloon for a lightweight ball.





Developing a volley action with a target

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Example of whole class activity set up:



Equipment:

-  Balloons or large lightweight balls
-  Rackets
-  Hoops
-  Barrier tape (net)

Activity set up:

