

BODY & BALL

Balloon Up

Explain to pupils that hitting the 'ball' before it bounces is called a volley.

In pairs using a balloon with a barrier tape net between them. Both pupils should stand close to the net as this is where a volley is played.

Pupil 1 throws the balloon up to Pupil 2, who pats the balloon back using either racket hand, for Pupil 1 to then catch.

Repeat several times then switch over.

Teaching Points:

- Keep hands upright hand with fingers pointing up
- Contact the balloon in front of the shoes
- Step forward with opposite shoe to racket hand.

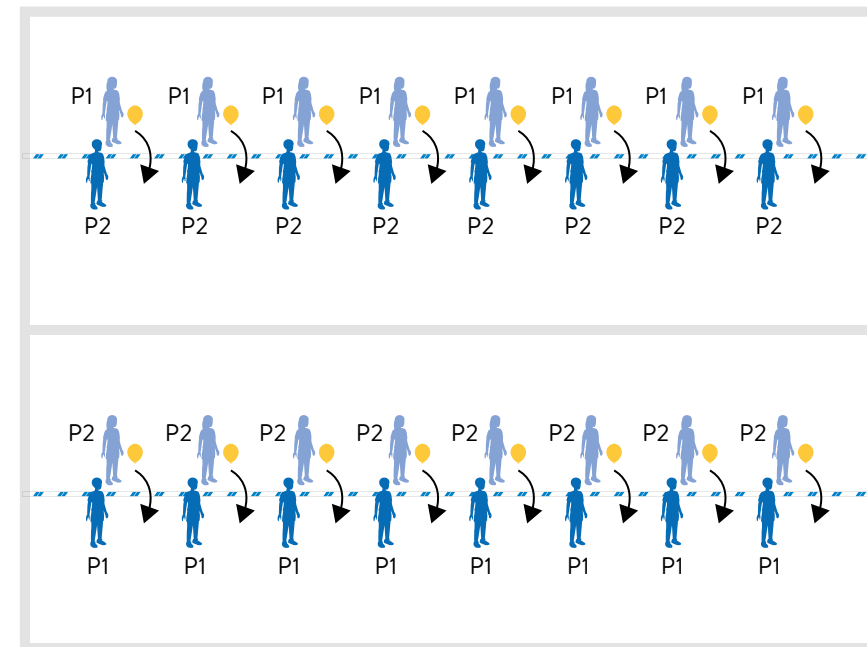
Skill UP

Pupil 1 and Pupil 2 keep the balloon up in the air and tap it to each other over the net.



Introducing a volley action through sending and receiving over a basic net

04

Example of whole class activity set up:



Equipment:

-  Balloons
-  Barrier tape (net)

Activity set up:

